OCHORUS ORIGINALS

2

Daughters of the King

Brave: courage for worry, a voice to speak, and hands to serve

Ochorus

Daughters of the King – 30 Days with God for Girls – Book 2

Brave: courage for worry, a voice to speak, and hands to serve

Ochorus Originals

First published 2026.

OCHORUS

About Ochorus

"To make the epic classics of the Christian faith free to the Church around the world — in their own language, to the glory of God."

Ochorus is a Christian ministry based in Victoria, Canada, and Kampala, Uganda. Since 2021 we have been finding the great Christian books of the past, editing them carefully for today's readers, and giving them away — free to read and free to keep.

We are not only a website. Books printed in Uganda are placed directly into people's hands across East Africa — at pastors' conferences, and in the churches, schools and prisons we are invited to serve.

Keep reading at ochorus.com

- Hundreds of classics, sermons and biographies — free, with no ads and no account needed.
- Books in many languages, from English and Swahili to Arabic and Hindi.
- Reading plans, highlights and notes that follow you from device to device.
- Listen aloud, or save a book to read offline.
- Free downloads like this one. Share them freely.

"Freely ye have received, freely give."

Matthew 10:8

Table of Contents

About this work 6

Introduction: Brave Girls 7

Day 1 — Brave Isn't Fearless 10

Day 2 — When Worry Won't Stop 12

Day 3 — Sweet Sleep 14

Day 4 — Consider the Lilies 16

Day 5 — One Day at a Time 18

Day 6 — Perfect Love Drives Out Fear 20

Day 7 — A Time to Speak 22

Day 8 — The Daughters Who Spoke Up 24

Day 9 — Brave Enough to Say No 26

Day 10 — No Secrets That Hurt 28

Day 11 — Where Help Comes From 30

Day 12 — Speaking the Truth in Love 32

Day 13 — Phoebe, a Great Help 34

Day 14 — Priscilla Makes Room 36

Day 15 — Dorcas's Needle 38
Day 16 — Healed to Serve 40
Day 17 — The Last Handful of Flour 42
Day 18 — Serve with Gladness 44
Day 19 — Miriam Leads the Song 46
Day 20 — Wise Words 48
Day 21 — Steadfast 50
Day 22 — The Queen Who Asked Questions 52
Day 23 — The Leader Who Serves 54
Day 24 — Faith Passed Down 56
Day 25 — The Women Who Followed 59
Day 26 — "Daughter" 61
Day 27 — Faith That Wouldn't Quit 63
Day 28 — Near the Cross 65
Day 29 — "Mary!" 67
Day 30 — "I Have Seen the Lord!" 69
Conclusion: Brave Daughter 71

About this work

Daughters of the King is an original Ochorus devotional series for girls aged 9 to 12. Book 1 taught a girl who she is. Book 2 asks what that means for how she lives, and its answer is courage: not being fearless, but knowing Someone bigger than her fear. It opens with Psalm 27:1: "The LORD is my light and my salvation—whom shall I fear?"

The first week faces worry, from anxious thoughts and sleepless nights to worries about appearance and the "what ifs" of tomorrow. The second is about using her voice: the five daughters of Zelophehad who spoke up and were told they were right, saying no, secrets that hurt, asking for help and speaking the truth in love. The third meets women who served, including Phoebe, Priscilla, Dorcas and the widow of Zarephath. The fourth is about leading, with Miriam, the queen of Sheba, Lois and Eunice. The fifth follows the women who followed Jesus, to the cross and to the garden where Mary Magdalene heard Him say her name.

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: Helen Roseveare, Pandita Ramabai, Ida Scudder, Elisabeth Elliot and Lilias Trotter. Day 10 is a simple body-safety day about secrets that hurt, and the days on worry encourage girls to tell a parent when worry grows big.

Introduction: Brave Girls

What does a brave girl look like?

Maybe you picture a girl who climbs the highest tree, or stands up to a bully, or sings a solo in front of the whole school. Those things take courage! But bravery shows up in lots of quieter ways too.

It's brave to tell the truth when a lie would be easier. It's brave to say no when your friends say yes. It's brave to ask for help when you're struggling. It's brave to sit with the girl nobody else sits with. It's brave to keep trusting God when you're scared, worried or sad.

In Book 1, you learned who you are: a daughter of the King, loved, chosen and made on purpose. In this book, you'll learn what that means for how you live. Because when you know whose you are, you can be brave.

> *"The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—whom shall I dread?"*
> *— Psalm 27:1 (BSB)*

Being brave doesn't mean you'll never feel afraid. It means you know Someone bigger than your fear.

What's in this book

- **Week 1 — When I'm Anxious.** What to do with worry, fear and the "what ifs."

- **Week 2 — Using Your Voice.** Speaking up, saying no, and asking for help.
- **Week 3 — Serving.** Women in the Bible who used their hands and hearts to help others.
- **Week 4 — Leading.** Leading friends, leading by example, and standing strong.
- **Week 5 — Women Who Followed Jesus.** The brave women who followed Him all the way to the cross and the empty tomb.

At the end of each week, you'll meet another real woman from history who trusted God bravely. 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, brave thing to do today.
5. **The prayer.** A prayer to pray. Add your own words too!

If you haven't read Book 1, that's okay! You can start right here.

For parents, grandparents and leaders

Book 2 of *Daughters of the King* is about courage for girls aged 9 to 12. It covers facing worry, using their voice, serving others and leading, through

women of the Bible and of history, with Scripture from the Berean Standard Bible. As in Book 1, it builds character and faith and does not teach adult roles. Several days touch on sensitive ground:

- **Day 2** encourages girls to tell a parent if worry becomes very big, and says there is no shame in getting help.
- **Day 4** speaks to worries about appearance.
- **Day 10** is a simple body-safety day about secrets that hurt. It teaches that no one should ask a child to keep a secret about touching, pictures or anything that makes them uncomfortable, and that telling a trusted adult is always right.
- **Day 11** is about asking for help.

You may want to read those days together.

Day 1 — Brave Isn't Fearless

"Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will surely help you; I will uphold you with My righteous right hand."
— Isaiah 41:10 (BSB)

Lots of girls think being brave means never feeling scared. So when their stomach flips before a test, or their heart pounds before walking into a party, or they lie awake worrying about something, they think, *I must not be brave.*

But that's not true! Everybody feels afraid sometimes, even the bravest people in the Bible. **Being brave isn't about being fearless. It's about what you do when you're afraid.**

God spoke today's words to His people at a time when they had a lot to be afraid of. Powerful enemies were all around them. And God didn't say, "Don't be silly, there's nothing to be scared of." He gave them reasons not to fear, reasons that are still true for you.

"I am with you." You're not facing it alone. Not the test, not the new school, not the doctor's appointment, not the hard conversation. God is right there.

"I am your God." He's not just *a* god. He's *your* God. You belong to Him, and He takes care of what belongs to Him.

"I will strengthen you." When you feel weak or shaky, He gives you strength you don't have on your own.

"I will surely help you." Notice the word *surely*. He's not going to maybe help you. He promises.

"I will uphold you with My righteous right hand." To *uphold* means to hold up. Picture a little girl walking on a wobbly balance beam while her dad holds her hand. She might wobble, but she won't fall, because he's holding her up.

So the next time you feel afraid, don't tell yourself, *I'm not brave.* Instead, take God's hand. Remember His promises. And take the next step, even while your heart is still pounding. That's what bravery looks like.

Think about it: What's something that often makes you feel afraid? Which of God's promises in Isaiah 41:10 do you most need to remember?

Try this: Write Isaiah 41:10 on a card and keep it with you this week. Read it whenever fear shows up.

Dear God, thank You that I don't have to be fearless to be brave. When I'm afraid, remind me that You are with me, You are my God, and You will strengthen me, help me and hold me up. Help me take Your hand and take the next step. In Jesus' name, Amen.

Day 2 — When Worry Won't Stop

"When anxiety overwhelms me, Your consolation delights my soul."
— Psalm 94:19 (BSB)

Have you ever had a worry that just won't go away? You try not to think about it, but it keeps coming back. It's there when you're trying to fall asleep. It's there when you wake up. What if I fail? What if my friends leave me out? What if something bad happens to my family? What if, what if, what if...

That feeling has a name: **anxiety**. It's worry that grows so big it starts to take over. Lots of kids and grown-ups feel it. You're not weird, and you're not alone.

The man who wrote Psalm 94 felt it too. He said, "When anxiety **overwhelms** me." To be *overwhelmed* is to feel like a big wave is crashing over you, and you can't keep your head above the water.

But look at what he says next: "Your **consolation** delights my soul." *Consolation* means comfort. When his worries were crashing over him, God's comfort brought him something surprising: delight. Joy. Peace.

How does God comfort us when we're anxious?

- **Through prayer.** You can tell God every single worry. He's never tired of hearing them.
- **Through His Word.** His promises remind you what's true when worry is telling you lies.

- **Through people.** God often comforts us through a parent's hug, a friend's kindness or a grown-up who listens.
- **Through His presence.** Sometimes, just remembering that He's right there makes the wave feel smaller.

Here's something really important: if your worries are so big that it's hard to eat, sleep, go to school or enjoy things you usually love, **please tell a parent or another grown-up you trust.** Sometimes God uses doctors, counselors and other helpers to help us feel better. Getting help isn't a sign that your faith is weak. It's a brave and wise thing to do.

God doesn't want you to carry your worries alone. He wants to trade them for His comfort.

Think about it: What worry has been hardest to let go of lately? Who could you talk to about it?

Try this: Draw a big wave in your journal. Inside it, write your worries. Then, across the top, write Psalm 94:19. Pray about each worry.

Dear God, sometimes my worries feel like a big wave crashing over me. Thank You that Your comfort can bring peace to my heart. Help me bring every worry to You, and help me talk to someone I trust when my worries feel too big. In Jesus' name, Amen.

Day 3 — Sweet Sleep

"When you lie down, you will not be afraid; when you rest, your sleep will be sweet."
— Proverbs 3:24 (BSB)

The lights go off. The house gets quiet. And suddenly, your brain turns on.

It's funny how worries love bedtime. During the day, you're busy. But when you lie down in the dark, all the thoughts you pushed away come back. The embarrassing thing you said at lunch. The test tomorrow. The argument with your friend. The scary thing you saw on the news. The noise you just heard downstairs.

Maybe you've spent a lot of nights lying awake, wishing you could just fall asleep.

Proverbs makes a sweet promise: "When you lie down, you will not be afraid; when you rest, **your sleep will be sweet**."

This verse is part of a longer passage in Proverbs about living wisely and trusting God. When your life is in God's hands, you can rest. You don't have to stay awake guarding everything, because He is guarding you.

Here are some ideas for sweet sleep:

- **Give God your worries before bed.** Name each one, and tell Him, *I'm giving this to You for tonight.*
- **Think about good things.** Instead of replaying the bad parts of your day, thank God for three good things that happened.

- **Say a verse.** Quietly repeat today's verse, or Psalm 4:8 or Isaiah 41:10.
- **Put down the screen.** Screens right before bed can make it harder for your brain to calm down.
- **Ask for help.** If you're scared at night, it's okay to tell a parent, have a night-light or ask for a hug. God gave you people to comfort you.
- **Remember who's awake.** God never sleeps. While you rest, He's watching over you and your family.

You don't have to solve every problem tonight. Tomorrow's troubles can wait until tomorrow. Tonight, you can rest in the arms of your Father.

Think about it: What thoughts usually keep you awake at night? What could you do to hand them to God before bed?

Try this: Tonight, before you fall asleep, tell God three things you're thankful for and one worry you're giving to Him. Then say Proverbs 3:24.

Dear God, thank You that I can rest because You never sleep. Tonight, I give You my worries: [tell Him]. Help me lie down without fear, and give me sweet sleep. In Jesus' name, Amen.

Day 4 — Consider the Lilies

> *"And why do you worry about clothes? Consider how the lilies of the field grow: They do not labor or spin. Yet I tell you that not even Solomon in all his glory was adorned like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the furnace, will He not much more clothe you, O you of little faith?"*
> *— Matthew 6:28–30 (BSB)*

Does this look okay? Is my hair weird? Are my clothes the right kind? Why does she look so much better than me?

A lot of girls worry about how they look. Maybe you stand in front of the mirror for a long time, changing outfits. Maybe you feel nervous about what other girls will think. Maybe you've started to worry about your body, your face or your weight.

Jesus talked about exactly this kind of worry. "Why do you worry about **clothes?**" And then He pointed to something beautiful: flowers.

"Consider how the lilies of the field grow." Wildflowers don't work. They don't sew or shop. They don't stand in front of a mirror. And yet they're more beautiful than King Solomon, the richest, most splendid king in Israel's history, dressed in all his royal robes!

Who made the lilies so beautiful? God did. And Jesus says, *If God takes that much care over a flower that blooms today and is gone tomorrow, how much more will He care for you?*

God made you. He cares about you, all of you, including your body. And your worth to Him doesn't go up or down depending on your outfit, your hair or what the scale says.

It's fine to enjoy clothes and taking care of how you look. But when worry about your appearance starts to take over, making you anxious, unhappy or unkind to yourself, it's time to "consider the lilies" and remember who is taking care of you.

Here's one more important thing. If worries about your body, your weight or eating ever start to feel really big, like you're afraid to eat or you're always unhappy with your body, **please talk to your mom, dad or another trusted grown-up.** You don't have to handle those feelings alone.

Think about it: How much time do you spend worrying about how you look? What would it look like to "consider the lilies" instead?

Try this: Go outside and find a flower. Look at it closely. Thank God that He made it beautiful, and that He made you with even more care.

Dear God, thank You for the lilies and for the way You care for them. Help me not to worry so much about how I look. Thank You that You made me and care for me, and that my worth doesn't depend on my clothes or my body. In Jesus' name, Amen.

Day 5 — One Day at a Time

> *"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own."*
> *— Matthew 6:34 (BSB)*

What if I don't make the team next year? What if I don't have any friends in middle school? What if my parents get sick? What if I'm not smart enough for high school?

A lot of worries live in the future. They're about things that haven't happened yet, and might never happen. And yet we can spend hours worrying about them, as if we could solve tomorrow's problems today.

Jesus said something simple and freeing: "**Do not worry about tomorrow**, for tomorrow will worry about itself. Today has enough trouble of its own."

He's not saying tomorrow doesn't matter, or that you shouldn't plan ahead. He's saying: *Don't carry tomorrow's worries today. You weren't made to.*

Think about carrying a backpack. Each day has its own load: homework, chores, a hard conversation. That's enough to carry! But when you worry about tomorrow, next week and next year, it's like stuffing all those future days into today's backpack. No wonder it feels so heavy!

God gives you strength for **today**. Not for next year. Remember the manna in the wilderness? God gave His people enough food for one day at

a time. If they tried to save extra for tomorrow, it went bad. He wanted them to learn to trust Him one day at a time.

He gives you grace one day at a time too. When tomorrow comes, He'll be there with tomorrow's strength.

So what can you do with "what if" worries?

- **Notice them.** *I'm worrying about the future again.*
- **Hand them to God.** *God, I trust You with that.*
- **Come back to today.** *What do I need to do right now?*
- **Remember who holds the future.** You don't know what tomorrow will bring, but you know who will be there.

Think about it: What "what if" worries about the future do you carry most often?

Try this: Each time a "what if" worry shows up today, say, "God, You've got tomorrow. Help me with today."

Dear God, I often worry about things that haven't happened yet. Help me not to carry tomorrow's worries today. Thank You for giving me strength for today, and thank You that You'll be there tomorrow too. In Jesus' name, Amen.

Day 6 — Perfect Love Drives Out Fear

> *"There is no fear in love, but perfect love drives out fear, because fear involves punishment. The one who fears has not been perfected in love."*
> *— 1 John 4:18 (BSB)*

What's the opposite of fear?

You might say *courage* or *bravery*. But John says something surprising. The opposite of fear is **love**.

"There is no fear in love, but **perfect love drives out fear**."

Think about a little girl at the doctor's office, scared of getting a shot. What helps her most? Usually it's her mom or dad holding her hand, saying, *I'm right here. I love you.* The shot still happens. But love makes the fear smaller.

God's love for you is perfect. It's not the kind of love that changes on your bad days or gets tired of you. It's not the kind that's waiting for you to mess up so it can punish you. John says fear "involves punishment," and many kids are afraid God is angry with them. But if you belong to Jesus, He already took the punishment for your sins. God isn't holding anything against you. You are completely loved.

And the more you understand how much God loves you, the more that love pushes fear out of your heart, like light pushing darkness out of a room.

This week you've learned that being brave isn't being fearless. You've learned to bring big worries to God and to trusted people, to rest at night, to stop worrying about how you look, and to take life one day at a time. All of it comes back to this: you are perfectly loved by God. And that love is stronger than any fear.

A true story: Helen Roseveare was a young doctor from England who went to the Congo in Africa, where there were hardly any doctors. She built a hospital out of almost nothing and trained African nurses and doctors. Then a violent rebellion broke out, and Helen was taken prisoner and treated cruelly for months. It was the darkest time of her life. But in that darkness, she sensed God gently asking her a question: *Can you thank Me for trusting you with this, even if I never tell you why?* It didn't make the pain go away. But it turned her fear into a quiet courage, because she knew she wasn't alone. When she was set free, she went back to keep healing and teaching. You can read her whole story in *Brave for God*.

Think about it: How does knowing that God loves you perfectly help push out your fears?

Try this: Write "I am perfectly loved by God" in big letters, and put it where you'll see it when you're afraid.

Dear God, thank You for Your perfect love. Thank You that I don't have to be afraid of You, because Jesus took my punishment. Let Your love fill my heart so full that it drives out my fear. In Jesus' name, Amen.

Day 7 — A Time to Speak

"...a time to be silent and a time to speak."
— Ecclesiastes 3:7 (BSB)

Some girls talk a lot. Some girls hardly talk at all. Some girls are loud with their friends and quiet in class. Some girls are brave on the inside but have trouble getting the words out.

Whatever kind of girl you are, your voice matters to God.

King Solomon wrote that there is "a time for everything." And in the middle of his list, he wrote: "**a time to be silent and a time to speak**."

That's a wise thing to learn. There are times when it's best to be quiet:

- When you're tempted to gossip.
- When you're angry and about to say something mean.
- When someone else needs to be heard.
- When you don't know what you're talking about!

But there are also times when it's important to **speak up**:

- When someone is being bullied or left out.
- When you know something is wrong.
- When a friend needs encouragement.
- When you need help.
- When someone asks about your faith.
- When you have a good idea to share.

Some girls are told, in one way or another, that it's better to be quiet. That good girls don't make a fuss. That their opinions don't really matter. But that's not what the Bible says. God has given you a voice, and He wants you to use it well: not to tear down, but to build up, protect and tell the truth.

Using your voice doesn't mean being loud or bossy. It means being brave enough to say what needs to be said, kindly and at the right time.

This week, you'll meet girls and women in the Bible who used their voices bravely. And you'll learn how to speak up, how to say no, and how to ask for help.

Think about it: Is it harder for you to be silent or to speak up? When is a time you wish you had spoken up?

Try this: Look for one "time to speak" today, like encouraging someone, sharing an idea in class or standing up for someone, and use your voice.

Dear God, thank You for giving me a voice. Help me know when it's time to be quiet and when it's time to speak. Give me courage to speak up when it matters, and wisdom to use my words well. In Jesus' name, Amen.

Day 8 — The Daughters Who Spoke Up

> *"The daughters of Zelophehad speak correctly. You certainly must give them property as an inheritance among their father's brothers and transfer their father's inheritance to them."*
> *— Numbers 27:7 (BSB)*

Here's a story from the Bible that many people have never heard!

When God's people were about to enter the Promised Land, the land was going to be divided among the families. But there was a rule: land was passed down from fathers to sons. So what happened if a father had no sons?

A man named Zelophehad had died. He had no sons, but he had **five daughters**: Mahlah, Noah, Hoglah, Milcah and Tirzah. Under the rule, their family would get no land at all. Their father's name would disappear, and the sisters would have nothing.

So the five sisters did something very brave. They walked up to the entrance of the Tabernacle, God's holy tent, and stood in front of Moses, the priest, all the leaders and **the whole congregation** of Israel. And they spoke up.

"Why should the name of our father disappear from his clan because he had no sons? Give us property among our father's brothers."

Can you imagine how nervous they must have been? Five young women, standing before the most important leaders in the nation, asking for something no one had ever asked for before.

Moses didn't know what to do. So he took their question to God.

And God answered: "**The daughters of Zelophehad speak correctly.**" In other words, *They're right!* God told Moses to give them their father's land. And He even made it a new rule for all of Israel, so other daughters in the same situation would be taken care of too.

These five sisters show us something beautiful. They didn't complain or grumble behind people's backs. They didn't throw a fit. They went respectfully to the right people and asked. And God listened, and agreed with them.

God cares about fairness. He cares about daughters. And He honors girls who speak up with courage and respect.

Think about it: Why do you think it took courage for the five sisters to speak up? What does God's answer tell you about how He sees girls?

Try this: If there's something unfair in your life that you've been grumbling about, think about how you could bring it respectfully to the right person.

Dear God, thank You for the five brave sisters who spoke up. Thank You that You care about fairness, and that You listened to them. Give me courage to speak up respectfully when something isn't right. In Jesus' name, Amen.

Day 9 — Brave Enough to Say No

"For the grace of God has appeared, bringing salvation to everyone. It instructs us to renounce ungodliness and worldly passions, and to live sensible, upright, and godly lives in the present age."
— Titus 2:11–12 (BSB)

"Come on, just try it." "Everybody's doing it." "Don't be such a baby." "If you were really my friend, you would." "Nobody will ever know."

Have you ever heard words like that? When someone is pushing you to do something you know is wrong, it can be really hard to say no. You don't want to be left out. You don't want your friends to be mad at you. You don't want to look uncool.

But saying no is one of the bravest things a girl can do.

Paul says God's grace "**instructs us to renounce** ungodliness." To *renounce* something means to say no to it and turn away from it. God's grace doesn't only forgive us. It also teaches us and gives us power to say no to things that would hurt us or dishonor Him.

Saying no might look like:

- "No, I don't want to watch that."
- "No, I'm not going to copy her homework."
- "No, I don't want to be part of making fun of her."
- "No, I'm not allowed to go there."
- "No, that makes me uncomfortable."

Here are some tips for saying no:

- **Decide ahead of time.** If you already know your answer, it's easier to say it when the moment comes.
- **Keep it short.** You don't have to give a long explanation. "No, thanks" is enough.
- **Say it like you mean it.** Look them in the eye and use a clear voice.
- **Walk away if you need to.** You don't have to stay and argue.
- **Blame your parents if it helps!** "My parents would never let me" is a perfectly good answer.
- **Find a friend who will say no with you.** It's easier with someone by your side.

A real friend will respect your no. And if someone keeps pressuring you, or asks you to do something unsafe, tell a trusted adult.

Every time you say no to something wrong, you're saying yes to God.

Think about it: What's something girls your age feel pressured to do? How could you say no?

Try this: Practice saying no out loud, in front of a mirror or with a parent. Try: "No, thanks. I'm not going to do that."

Dear God, thank You that Your grace helps me say no to things that are wrong. Give me courage when my friends pressure me. Help me decide ahead of time, say no clearly and walk away when I need to. In Jesus' name, Amen.

Day 10 — No Secrets That Hurt

"Have no fellowship with the fruitless deeds of darkness, but rather expose them... But everything exposed by the light becomes visible, for everything that is illuminated becomes a light itself."
— Ephesians 5:11, 13 (BSB)

Today we're going to talk about something really important: **secrets**.

Some secrets are fun. A surprise party. A present you're hiding for your mom's birthday. Those are good secrets, because they're going to be shared soon, and they make people happy. Those are called **surprises**.

But some secrets are different. Some secrets hurt.

Paul says we should not be part of "deeds of darkness," things that are hidden because they're wrong. Instead, we should "**expose them**," which means bring them into the light, where they can be seen and dealt with.

Here's what every girl needs to know:

Your body belongs to you and to God. No one should touch you in a way that makes you feel uncomfortable, confused or scared. No one should ask you to touch them in a way that feels wrong. No one should ask you to send pictures of yourself, or show you pictures that make you uncomfortable.

If anyone ever does these things, it is never your fault. Not even a little bit.

If anyone ever tells you to keep something like this a secret, that is a secret you should NOT keep. Even if they say you'll get in trouble. Even if

they say they'll be mad or that something bad will happen. Even if it's someone you know and like, a friend, a relative, a coach or anyone else.

Tell a trusted adult right away. A parent, a teacher, a school counselor, a pastor or another grown-up who cares about you. If the first grown-up you tell doesn't help, keep telling until someone does.

Telling isn't tattling, and it isn't getting someone in trouble. It's bringing darkness into the light, where it can be stopped. God wants you to be safe, and so do the grown-ups who love you.

Paul says, "everything exposed by the light becomes visible." When a hurtful secret comes into the light, it loses its power. And you don't have to carry it alone anymore.

Think about it: What's the difference between a good surprise and a secret that hurts? Who are three grown-ups you could tell if you ever needed to?

Try this: Write down the names of three trusted grown-ups you could go to. Share your list with your mom or dad.

Dear God, thank You that You love me and want me to be safe. Help me know the difference between good surprises and secrets that hurt. If anyone ever tries to hurt me or make me keep a wrong secret, give me courage to tell a trusted grown-up right away. In Jesus' name, Amen.

Day 11 — Where Help Comes From

"I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, the Maker of heaven and earth."
— Psalm 121:1–2 (BSB)

Have you ever tried really hard to do something by yourself, even though you needed help? Maybe you were stuck on a math problem for an hour before asking your dad. Maybe you tried to fix a friendship problem on your own and made it worse. Maybe you were sad for a long time but didn't tell anyone because you didn't want to bother them.

Asking for help can be hard. Some girls feel embarrassed. Some think they should be able to handle everything. Some don't want to seem weak or needy.

But asking for help is actually **brave**. And it's wise.

The writer of Psalm 121 was on a journey, probably walking to Jerusalem for a festival. The road went through hills where robbers might hide. He looked up at the hills and asked, "**From where does my help come?**"

And he answered his own question: "My help comes from the LORD, the Maker of heaven and earth." The same God who made the whole universe was his helper. And He's yours too.

God helps us in lots of ways. Sometimes He answers our prayers directly. And often, He sends His help **through people**. That's why He

gave you parents, grandparents, teachers, pastors, coaches, counselors and friends.

When you ask a grown-up for help, you're not skipping God. You're receiving the help He's sending you!

Here are times when it's really important to ask for help:

- When you're stuck and can't figure something out.
- When you're sad or worried for a long time.
- When a friend tells you something dangerous, like that someone is hurting her, or that she might hurt herself.
- When someone is bullying you.
- When you've made a mistake and don't know how to fix it.
- When you don't feel safe.

You don't have to handle life alone. God didn't design you to. Look up, like the psalm writer did, and then reach out.

Think about it: Is it hard for you to ask for help? Why do you think that is?

Try this: Think of something you've been struggling with by yourself. Ask someone for help with it today.

Dear God, my help comes from You, the Maker of heaven and earth. Thank You for the people You've put in my life to help me. Give me the courage to ask for help when I need it, and to not try to carry everything alone. In Jesus' name, Amen.

Day 12 — Speaking the Truth in Love

"Instead, speaking the truth in love, we will in all things grow up into Christ Himself, who is the head."
— Ephesians 4:15 (BSB)

Sometimes girls face a tricky choice between being **honest** and being **kind**.

Your friend asks, "Do you like my drawing?" and you don't. Your friend is about to make a choice you know is bad. Your friend said something hurtful to another girl and doesn't even realize it. What do you do?

Some girls choose honesty without kindness. They blurt out the truth in a way that hurts. "That drawing is terrible." "You're being so dumb." They might be telling the truth, but they're not showing love.

Other girls choose kindness without honesty. They say what people want to hear, even when it isn't true. They never tell a friend when she's making a mistake, because they don't want her to be upset.

Paul shows us a better way: "speaking the truth **in love**." That means being honest and kind at the same time.

What does that look like?

- **Think before you speak.** Ask yourself, *Is this true? Is it kind? Does it need to be said?*
- **Choose gentle words.** "I think the colors are really pretty. Maybe try making the face a little bigger?" is truthful and kind.

- **Talk privately.** If you need to correct a friend, do it one-on-one, not in front of everyone.
- **Care about the person,** not about being right.
- **Listen too.** Speaking the truth in love goes both ways.

It takes courage to tell a friend something she might not want to hear. But real friends do that, because they care. And it takes wisdom and love to say it in a way that helps instead of hurts.

Paul says that when we speak the truth in love, we "grow up into Christ." Jesus was always truthful and always loving. As you learn to speak like Him, you grow more like Him.

A true story: In India long ago, most girls weren't taught to read. But Ramabai's father taught his daughter the oldest, hardest books in the land, and she became so learned that people called her *Pandita*, "the learned one." When Ramabai became a follower of Jesus, she used her voice and her learning for the women and girls her country had forgotten: widows who were treated cruelly, and orphans starving in famines. She spoke up for them, and she rescued thousands, bringing them to a home she called *Mukti*, which means "Salvation." She even translated the whole Bible into her own language. You can read her whole story in *Brave for God*.

Think about it: Are you more likely to be honest without kindness, or kind without honesty?

Try this: Is there something true you've been afraid to tell a friend? Pray about it, and then share it gently and privately.

Dear God, help me speak the truth in love. Give me courage to be honest, and gentleness to be kind. Help me grow up to be more like Jesus in the way I speak. In Jesus' name, Amen.

Day 13 — Phoebe, a Great Help

"I commend to you our sister Phoebe, a servant of the church in Cenchrea. Welcome her in the Lord in a manner worthy of the saints, and assist her with anything she may need from you. For she has been a great help to many people, including me."
— Romans 16:1–2 (BSB)

At the end of Paul's letter to the Romans, he did something interesting. He listed dozens of people and sent them personal greetings. It's easy to skip over those names! But if you slow down, you'll find a lot of amazing women.

The very first name on the list is **Phoebe**.

Phoebe lived in a port town called Cenchrea, near the city of Corinth. Paul calls her "a servant of the church." She was known for helping. And Paul says something wonderful about her: "**She has been a great help to many people, including me.**"

Most people believe Phoebe was the one who carried Paul's letter to the Christians in Rome. That's a long journey across the sea, hundreds of miles! And the letter she carried, the book of Romans, is one of the most important letters ever written. It has helped millions of people understand the gospel. Paul trusted Phoebe with it.

Imagine being known as someone who is "a great help to many people." What a beautiful thing to have said about you!

Phoebe reminds us that serving isn't small. When you help others, you're doing God's work. It might not feel important. Carrying a letter, helping at church, looking after someone who's sick, making food for a family in need: these things might not get you on a stage or in a spotlight. But God sees them, and they matter to Him.

What could it look like for you to be "a great help"?

- Helping a teacher before or after class.
- Helping your mom with a younger sibling.
- Helping at church: setting up, welcoming people or helping in the nursery.
- Helping a classmate who's struggling.
- Helping a neighbor with a chore.

And look at what Paul asks the church in Rome to do: "assist her with anything she may need." When you help others, God often brings people to help you too.

Think about it: Who is someone in your life who is "a great help to many people"? How could you be more like her?

Try this: Look for three ways to be "a great help" to someone today.

Dear God, thank You for Phoebe, who was a great help to so many. Help me be that kind of girl, someone who serves others and is a help wherever I go. Thank You that no act of service is too small for You to notice. In Jesus' name, Amen.

Day 14 — Priscilla Makes Room

"And he began to speak boldly in the synagogue. When Priscilla and Aquila heard him, they took him aside and explained to him the way of God more accurately."
— Acts 18:26 (BSB)

Priscilla and her husband, Aquila, were tentmakers. When Paul came to the city of Corinth, he needed a place to stay and a way to earn money. So he moved in with Priscilla and Aquila, and they all made tents together!

Priscilla and Aquila became some of Paul's closest friends and helpers. They traveled with him. They opened their home for a church to meet there. Paul even said they had "risked their lives" for him (Romans 16:4).

One day, in the city of Ephesus, a young preacher named **Apollos** came to town. Apollos was a brilliant speaker who knew the Scriptures really well. He talked about Jesus boldly. But there was something important he didn't know yet. He only knew part of the story.

Priscilla and Aquila could have criticized him in front of everyone. They could have said, "He's getting it wrong!" But they didn't. Instead, "they **took him aside** and explained to him the way of God more accurately."

They invited him in. They talked with him privately and kindly. And they helped him understand.

Because of their kindness, Apollos became an even more powerful preacher who helped many people believe in Jesus.

Priscilla shows us three beautiful ways to serve.

She opened her home. She made room for Paul, and later for a whole church. Hospitality is a way of serving: making people feel welcome, safe and at home.

She knew God's Word. She had learned so much that she could help explain it to someone else. You can learn God's Word too, and share it with others.

She helped gently. She didn't embarrass Apollos. She helped him privately and with kindness.

You can serve like Priscilla. Invite a lonely girl over (with your parents' permission). Help a friend understand something she's confused about. Be gentle when someone makes a mistake.

Think about it: Why do you think Priscilla and Aquila took Apollos aside instead of correcting him in public?

Try this: Make room for someone today. Save a seat, invite a friend over or gently help someone who's confused.

Dear God, thank You for Priscilla, who opened her home and helped others know You better. Help me make room for people, learn Your Word, and help others gently and kindly. In Jesus' name, Amen.

Day 15 — Dorcas's Needle

"So Peter got up and went with them. On his arrival, they took him to the upper room. All the widows stood around him, weeping and showing him the tunics and other clothing that Dorcas had made while she was still with them."
— Acts 9:39 (BSB)

In the seaside town of Joppa lived a woman named **Tabitha**, also called **Dorcas**. The Bible says she "was always occupied with works of kindness and charity" (Acts 9:36).

What did Dorcas do? She sewed. She made tunics, robes and clothing for widows, women whose husbands had died. In those days, widows often had no way to earn money and very little to live on. So Dorcas used her needle and thread to take care of them.

Then Dorcas got sick and died.

The believers in Joppa sent for the apostle Peter, who was in a nearby town. When Peter arrived, he found a room full of widows, all of them crying. And they were holding up clothes to show him. *Look, she made this for me. And this. And this.* They wanted Peter to see how much Dorcas had meant to them.

Peter sent everyone out of the room. He knelt down and prayed. Then he said, "Tabitha, get up!" And she opened her eyes and sat up! God brought her back to life. The news spread all over Joppa, and many people believed in Jesus.

Here's what's beautiful about Dorcas: she didn't do anything that seemed very dramatic. She wasn't a famous preacher or a queen. She just used the skill she had, sewing, to love people who needed it.

And when she was gone, those people held up the proof of her love.

What "needle" do you have? What skill or talent could you use to care for people?

- **Baking?** Make cookies for a lonely neighbor.
- **Art?** Draw cards for kids in the hospital.
- **Crafts?** Make something for someone who needs cheering up.
- **Music?** Sing or play for people in a nursing home.
- **Being a good listener?** Spend time with someone who's lonely.
- **Being organized?** Help someone clean up or plan.

God can use whatever you have, when you use it to love others.

Think about it: What "needle" (skill or talent) do you have that you could use to serve others?

Try this: Use your "needle" today to make or do something for someone who needs it.

Dear God, thank You for Dorcas, who used her needle to love people. Show me what gifts You've given me, and help me use them to care for others. Let my love be something people can see. In Jesus' name, Amen.

Day 16 — Healed to Serve

"So He went to her, took her by the hand, and helped her up. The fever left her, and she began to serve them."
— Mark 1:31 (BSB)

It was early in Jesus' ministry. He had just finished teaching in the synagogue in Capernaum, and He went with His disciples to the home of Simon Peter and Andrew.

But when they arrived, something was wrong. Simon Peter's mother-in-law was sick in bed with a high fever. In those days, a fever could be very dangerous.

The disciples told Jesus about her right away. And look at what Jesus did: "He went to her, **took her by the hand**, and helped her up."

Jesus didn't just say a word from across the room. He went to her. He took her hand. It was personal and gentle.

And immediately, "the fever left her." She was completely healed! She didn't need to rest for a few days to get her strength back. She was well.

Then the Bible tells us what she did next: "**she began to serve them.**"

She was so grateful for what Jesus had done that she got right up and started taking care of Him and His friends. Maybe she made them dinner, brought them water or made them comfortable. Her first response to being healed was to serve.

That's a picture of what happens when Jesus touches our lives. He doesn't just rescue us so we can go back to living for ourselves. He heals us

and sets us free, and then we get to serve Him and others with grateful hearts.

Think about everything Jesus has done for you. He forgave your sins. He made you His daughter. He's with you every day. When you really understand how much He's done, you'll want to say thank you, and one of the best ways to say thank you is to serve.

Serving isn't something we do to earn God's love. It's something we do *because* of His love. Like Peter's mother-in-law, we serve because we've been touched by Jesus.

Think about it: Why do you think Peter's mother-in-law started serving right after she was healed? How can serving be a way of saying thank you to Jesus?

Try this: Think of one thing Jesus has done for you. Then serve someone today as a way of saying thank you to Him.

Dear Jesus, thank You for everything You've done for me. You took me by the hand and lifted me up. Help me respond like Peter's mother-in-law, with a grateful heart that wants to serve. In Your name, Amen.

Day 17 — The Last Handful of Flour

"So she went and did according to the word of Elijah, and there was food every day for Elijah and the woman and her household. The jar of flour was not exhausted and the jug of oil did not run dry, according to the word that the LORD had spoken through Elijah."
— 1 Kings 17:15–16 (BSB)

There was a terrible famine in the land. No rain had fallen for a long time, and the crops had dried up. People were starving.

In a town called Zarephath lived a widow and her young son. They were down to their very last bit of food, just a handful of flour in a jar and a little oil in a jug. She was gathering sticks to make one last small meal for herself and her son. After that, she thought, they would starve.

Then the prophet Elijah showed up, sent by God. He asked her for some water. And then he asked for something much harder: "Make me a small cake of bread from what you have, and bring it out to me."

Imagine being that widow. *You want my LAST bit of food? For a stranger?*

But Elijah gave her a promise from God: "The jar of flour will not be exhausted and the jug of oil will not run dry until the day the LORD sends rain."

The widow had a choice. She could hold on tightly to the little she had. Or she could trust God and give.

She trusted God. She made the bread and gave it to Elijah.

And God kept His promise. "There was **food every day** for Elijah and the woman and her household." Day after day, week after week, she reached into that jar, and there was always enough flour. She tipped the jug, and there was always enough oil.

This widow teaches us that serving sometimes costs something. It's easy to serve when we have plenty. It's harder when we have only a little. But God sees every sacrifice, and He takes care of those who trust Him.

You might not have much. But when you give what you have to God, whether it's your time, your snack, your allowance or your energy, He can make it enough, for you and for others.

Think about it: Why do you think the widow was willing to give her last bit of food? What made her trust God?

Try this: Give something today that costs you a little: part of your snack, some of your free time or something you'd rather keep.

Dear God, thank You for the widow of Zarephath, who trusted You and gave what she had. Help me be generous even when I don't have much. Thank You that You always provide for those who trust You. In Jesus' name, Amen.

Day 18 — Serve with Gladness

"Serve the LORD with gladness; come into His presence with joyful songs."
— Psalm 100:2 (BSB)

Have you ever been asked to help with something, and you did it, but with a grumpy face and a lot of sighing? *Fine. I'll unload the dishwasher. Ugh.*

Technically, you served. But your heart wasn't in it.

Psalm 100 says to "serve the LORD with **gladness**." Not grumbling. Not complaining. Not sighing. With gladness, joy and a happy heart.

That doesn't mean you have to *love* every chore or feel excited about every job. It means you can choose your attitude. Serving God and others can come from a heart that's glad, because you remember who you're really serving.

This week, you've met women who served in all kinds of ways. Phoebe, who was a great help to many. Priscilla, who opened her home and gently helped others. Dorcas, who used her needle to love widows. Peter's mother-in-law, who served out of thankfulness. And the widow of Zarephath, who gave even when it cost her. None of them served to get attention. They served because they loved God and people.

Here are some ways to serve with gladness:

- **Remember who you're serving.** When you help your family, your friends or your church, you're really serving God.

- **Change your words.** Instead of "Do I have to?" try "Sure, I can help!"
- **Sing while you work!** "Come into His presence with joyful songs." Music can make chores feel lighter.
- **Look for the joy.** Notice how your help makes someone's day better.
- **Serve without being asked.** It's much more fun to surprise someone than to be nagged!

And here's a secret: the more you serve with gladness, the more gladness you'll feel. Joy grows when it's given away.

A true story: Ida Scudder grew up in a missionary family in India, and she was sure she didn't want that life. But one night, three men came knocking at her parents' door, one after another, each asking for help for his wife, who was very sick while having a baby. Their customs didn't allow a man to help, and there were no women doctors. That night, all three women died. Ida couldn't sleep, and by morning she knew God was calling her to serve. She trained as one of the first women doctors of her day, went back to India, and built a hospital and a medical school to train Indian women as doctors and nurses. Thousands of lives were saved. You can read her whole story in *Brave for God*.

Think about it: What's a job you usually do with a grumpy attitude? How could you do it with gladness instead?

Try this: Do a chore today with a glad heart. Sing a song while you do it, and do it without being asked!

Dear God, I want to serve You with gladness, not grumbling. Help me remember that when I serve others, I'm serving You. Give me a joyful heart in the little jobs and the big ones. In Jesus' name, Amen.

Day 19 — Miriam Leads the Song

"Then Miriam the prophetess, Aaron's sister, took a tambourine in her hand, and all the women followed her with tambourines and dancing. And Miriam sang back to them: 'Sing to the LORD, for He is highly exalted; the horse and rider He has thrown into the sea.'"
— Exodus 15:20–21 (BSB)

Do you remember Miriam? In Book 1, she was the brave big sister who watched over baby Moses in his basket and spoke up to the princess.

Now Miriam was grown up. And God had just done something incredible.

God's people had escaped from slavery in Egypt. But Pharaoh's army came chasing after them, with horses and chariots, and trapped them against the Red Sea. There was nowhere to go!

Then God opened the sea. The waters parted, and His people walked through on dry ground. When Pharaoh's army tried to follow, the waters came crashing back down. God's people were safe!

What do you do after something like that? You celebrate!

So **Miriam** picked up her tambourine, and she began to sing and dance, praising God. And look at what happened: "**all the women followed her**."

Miriam was a leader. She didn't wait for someone else to start the celebration. She saw what God had done, and she led the way in praising Him. And others followed.

That's what leadership is: going first in the right direction, so others can follow. Leaders aren't always the loudest or the bossiest. Often, they're the ones who start something good.

You can lead like Miriam:

- **Lead in worship.** Be the first to sing at church, or suggest praying together with your friends.
- **Lead in kindness.** Be the first to welcome a new girl.
- **Lead in gratitude.** Be the first to say thank you.
- **Lead in joy.** Your happy attitude can change the whole mood of a group.
- **Lead in doing right.** When everyone else is hesitating, go first.

You don't need a title or a position to be a leader. You just need to go first in the right direction. And when you lead others toward God, you're doing something wonderful.

Think about it: Why do you think the other women followed Miriam? What's something good you could "go first" in?

Try this: Go first today. Be the first to start something good: a kind word, a prayer, a song or a welcome.

Dear God, thank You for Miriam, who led the way in praising You. Help me be a leader who goes first in the right direction, in worship, in kindness and in doing right. Help others follow me toward You. In Jesus' name, Amen.

Day 20 — Wise Words

"She opens her mouth with wisdom, and faithful instruction is on her tongue."
— Proverbs 31:26 (BSB)

In Book 1, we looked at Proverbs 31, the chapter describing a woman who honors God. We saw that she wears "strength and honor" and that she "fears the LORD."

Today, let's look at another part of her description: "She opens her mouth with **wisdom**, and faithful instruction is on her tongue."

This woman is a leader, and one of the ways she leads is with her words. When she speaks, people listen, because what she says is wise, kind and true.

Wise words are a kind of leadership. Think about the girls in your friend group. Is there one girl whose words everyone seems to follow? When she says, "Let's play this," everyone plays. When she says, "That's not cool," people stop. Her words lead the group, for better or worse.

What if your words led people toward good things?

- **When friends are gossiping,** you could say, "Let's talk about something else."
- **When someone is being left out,** you could say, "Come join us!"
- **When a friend is about to make a bad choice,** you could gently say, "Are you sure that's a good idea?"

- **When someone is discouraged,** you could say, "You can do this. I believe in you."
- **When a friend is scared,** you could say, "Let's pray about it."

Notice the words "**faithful instruction** is on her tongue." *Faithful* means trustworthy and true. *Instruction* means teaching. Her words help people learn what's right.

Where does wisdom like that come from? It comes from knowing God and His Word. The more you read the Bible, pray and learn from wise people, the more wisdom you'll have to share.

You don't have to be a grown-up to lead with wise words. A young girl whose words are kind, wise and true can make a big difference.

Think about it: Whose words do you tend to follow? Are your words leading your friends toward good things or not-so-good things?

Try this: Use your words to lead someone toward something good today: to include someone, to be kind or to trust God.

Dear God, I want to open my mouth with wisdom. Help me learn from Your Word so my words can help others. Let my words lead my friends toward good things and toward You. In Jesus' name, Amen.

Day 21 — Steadfast

"Therefore, my beloved brothers, be steadfast and immovable. Always excel in the work of the Lord, because you know that your labor in the Lord is not in vain."
— 1 Corinthians 15:58 (BSB)

Sometimes, being a Christian girl can make you feel like the only one.

Maybe you're the only one in your class who goes to church. Maybe you're the only one in your friend group who won't watch a certain movie or use certain words. Maybe you're the only one who says no when everyone else says yes.

Being the only one is hard. It can make you feel lonely, different or even a little bit silly.

The prophet Elijah felt that way once. After a huge victory, a wicked queen threatened to kill him, and he ran away into the desert. He told God, *I'm the only one left who still follows You!* But God told him the truth: there were seven thousand others in Israel who had never bowed down to false gods (1 Kings 19:18). Elijah wasn't really alone. He just *felt* alone.

Sometimes you might feel like the only one too. But you're not. There are Christians all over the world, and many near you, who are trying to follow Jesus just like you are. And most importantly, God is always with you.

Paul tells us how to live when it's hard: "**be steadfast and immovable**." *Steadfast* means firm and loyal. *Immovable* means you can't be pushed over.

Think of a big rock in a river. The water rushes all around it, but the rock doesn't move.

That's what it means to lead by standing firm. When you stay true to God, even when you're the only one, you're showing others what faithfulness looks like. And sometimes, when one person stands firm, it gives others courage to stand too.

And look at Paul's promise: "your labor in the Lord is **not in vain**." *In vain* means for nothing. Nothing you do for God is ever wasted, even if no one notices, even if it's hard, even if you feel alone.

Think about it: When have you felt like the only one? How does it help to know you're not really alone?

Try this: Find another Christian girl at school, church or in your neighborhood, and encourage each other to stand firm.

Dear God, when I feel like the only one, remind me that I'm not alone. You are with me, and there are others who follow You too. Help me be steadfast and immovable, and thank You that nothing I do for You is ever wasted. In Jesus' name, Amen.

Day 22 — The Queen Who Asked Questions

"Now when the queen of Sheba heard about the fame of Solomon concerning the name of the LORD, she came to test him with difficult questions."
— 1 Kings 10:1 (BSB)
"Blessed be the LORD your God, who has delighted in you to set you on the throne of Israel. Because of the LORD's eternal love for Israel, He has made you king to carry out justice and righteousness."
— 1 Kings 10:9 (BSB)

Far away from Israel, in a land called Sheba, there lived a powerful and wealthy queen. She had heard amazing stories about King Solomon, how wise he was and how great his God was.

But she didn't just believe the stories. She wanted to find out for herself. So she traveled a long, long way, probably over a thousand miles, with a huge caravan of camels carrying spices, gold and precious stones. And when she arrived, she came "to test him with **difficult questions**."

The queen of Sheba was curious. She was a thinker. She asked hard questions, and she wanted real answers.

And Solomon answered every single one. Nothing was too hard for him, because God had given him wisdom.

When the queen saw Solomon's wisdom and everything God had done, she was amazed. She said, "The report I heard in my own country... is true.

But I did not believe these things until I came and saw with my own eyes." And then she praised Solomon's God: "Blessed be the LORD your God."

The queen of Sheba shows us something important about leadership: **good leaders ask good questions**. She didn't pretend to know everything. She was humble enough to learn from someone else, and she went looking for the truth.

Many centuries later, Jesus mentioned this queen. He said she traveled from the ends of the earth to hear Solomon's wisdom, "and now One greater than Solomon is here" (Matthew 12:42). Jesus is wiser than Solomon! And we can bring our questions to Him.

Don't be afraid to ask hard questions about God, the Bible and faith. God isn't afraid of your questions. Asking questions is how you learn, and it's how your faith grows strong.

Think about it: What's a "difficult question" you have about God or the Bible? Who could you ask?

Try this: Write down one hard question you have about God. Ask a parent, pastor or leader about it this week, and look for the answer in the Bible together.

Dear God, thank You that I can bring my hardest questions to You. Help me be curious like the queen of Sheba, seeking the truth and learning from wise people. Most of all, help me learn from Jesus, who is wiser than Solomon. In Jesus' name, Amen.

Day 23 — The Leader Who Serves

> *"But you shall not be like them. Instead, the greatest among you should be like the youngest, and the one who leads like the one who serves."*
> *— Luke 22:26 (BSB)*

On the night before Jesus died, His disciples were arguing about something embarrassing: **which of them was the greatest**.

Can you believe it? Jesus was about to go to the cross, and His friends were fighting over who was the most important!

So Jesus explained how things work in God's kingdom. In the world, He said, leaders like to boss people around and show off their power. "**But you shall not be like them.**" In God's kingdom, "the one who leads [should be] like the one who serves."

Then Jesus pointed to Himself. "I am among you as one who serves" (Luke 22:27). That very night, He had washed their feet.

Some girls think leading means being in charge, getting your way, or being the one everybody listens to. And in friend groups, sometimes the "leader" is the girl who decides who's in and who's out, who's cool and who's not.

But that's not how Jesus leads, and it's not how He wants you to lead.

A leader who serves:

- **Thinks about what's good for everyone,** not just for herself.

- **Includes others,** especially girls who get left out.
- **Listens** to other people's ideas.
- **Does the jobs nobody else wants,** like cleaning up or setting up.
- **Encourages others** and helps them shine.
- **Admits when she's wrong.**
- **Uses her influence to help,** not to hurt.

If you're a girl other girls look up to, that's a gift from God, and a responsibility. You can use it to make your group kinder, more welcoming and closer to God.

And if you don't feel like a leader, remember this: serving *is* leading. When you serve others, you're leading the way Jesus did.

Think about it: Who's a "leader" in your friend group? Does she lead like the world or like Jesus? How do *you* lead?

Try this: Use whatever influence you have today to serve: include someone, do a job no one wants, or help another girl shine.

Dear Jesus, You are the greatest, and yet You served. Help me lead like You, by serving others, not by bossing them around. Help me use my influence to include, encourage and help. In Your name, Amen.

Day 24 — Faith Passed Down

"I am reminded of your sincere faith, which first dwelt in your grandmother Lois and your mother Eunice, and I am convinced is in you as well."
— 2 Timothy 1:5 (BSB)

Paul had a young friend named Timothy, whom he trained to be a church leader. In a letter to Timothy, Paul remembered where Timothy's faith came from. It started with two women: his **grandmother Lois** and his **mother Eunice**.

Timothy's father wasn't a believer. But his grandmother and mother taught him the Scriptures from the time he was a little boy (2 Timothy 3:15). They showed him what it looked like to love God. And their "sincere faith" became his faith too.

Sincere means real, honest and true, not fake or just for show. Lois and Eunice didn't just go through the motions of being religious. Their faith was real, and it showed.

And look what happened! Timothy grew up to become a pastor and one of the most important leaders in the early church. Two faithful women helped shape a man who helped shape the church.

This is one of the most powerful kinds of leadership: leading by example, passing faith on to the next generation.

Maybe there's a grandma, a mom, an aunt or another woman in your life who has shown you what real faith looks like. Thank God for her!

And guess what? You can be a Lois or a Eunice too, starting now. Younger kids are watching you: younger siblings, cousins, kids at church and kids in your neighborhood. What are they learning about God from watching you? You can pass faith on by:

- Reading Bible stories to younger kids.
- Praying with them.
- Being kind and patient with them.
- Showing them that following Jesus is real and good.
- Living a "sincere" faith, the same at home as at church.

Faith isn't just passed down from grown-ups to kids. Sometimes kids pass it up and across too, to their parents, their friends and their neighbors.

A true story: Elisabeth Elliot's husband, Jim, and four of his friends went to share the good news with a people in the forests of Ecuador who killed strangers who came near. The five men were killed. Everyone would have understood if Elisabeth had given up. Instead, she did something astonishing. With the sister of one of the other men, she went to live among the very people who had killed them. She learned their language, cared for their sick and lived as their neighbor. Many of them became followers of Jesus, including some of the men who had thrown the spears. Her faith, lived out, led a whole people to God. You can read her story in *Brave for God*.

Think about it: Who has passed faith on to you? Who could you pass faith on to?

Try this: Thank a woman who has helped your faith grow. Then do something to help a younger child learn about Jesus.

Dear God, thank You for the women who have shown me what real faith looks like. Help my faith be sincere, not fake. Help me pass faith on to others,

especially younger kids who are watching me. In Jesus' name, Amen.

Day 25 — The Women Who Followed

"Soon afterward, Jesus traveled from one town and village to another, preaching and proclaiming the good news of the kingdom of God. The Twelve were with Him, as well as some women who had been healed of evil spirits and infirmities: Mary called Magdalene, from whom seven demons had gone out, Joanna the wife of Herod's household manager Chuza, Susanna, and many others. These women were ministering to them out of their own means."
— Luke 8:1–3 (BSB)

When you think about Jesus' followers, you probably think of the twelve disciples: Peter, James, John and the others. But Luke tells us that Jesus had other followers too. Many of them were **women**.

Luke names three:

Mary Magdalene. Jesus had set her free from terrible evil spirits that had tormented her. We don't know much about her life before she met Jesus, but it must have been very hard. After Jesus freed her, she followed Him with her whole heart.

Joanna. She was married to a man named Chuza, who managed the household of King Herod. That means she probably lived in or near the palace! She was an important woman, maybe even wealthy. And she chose to follow Jesus.

Susanna. We only know her name. But God knew her, and He made sure her name was written in the Bible forever.

And there were "many others."

What did these women do? They traveled with Jesus from town to town. And "these women were **ministering to them out of their own means**." In other words, they used their own money and belongings to support Jesus and His disciples, making sure they had food, supplies and what they needed.

In Jesus' day, a lot of people didn't think women were very important. But Jesus welcomed women as His followers. He taught them, healed them and valued them. And they loved Him back with their time, their money and their whole lives.

This last week, we're going to meet some of the brave women who followed Jesus. You'll see that they had real, deep faith, and that Jesus honored them for it.

You can be one of the women who follow Jesus too. Not someday, but right now.

Think about it: Why do you think these women wanted to follow Jesus and support Him? What did they give?

Try this: Think of one thing you have (time, money, a talent) that you could use to support God's work. Use it this week.

Dear Jesus, thank You that You welcomed women as Your followers. Like Mary, Joanna and Susanna, I want to follow You with my whole heart and give You what I have. Thank You that You value me. In Your name, Amen.

Day 26 — "Daughter"

"'Daughter,' said Jesus, 'your faith has healed you. Go in peace and be free of your affliction.'"
— Mark 5:34 (BSB)

There was a woman who had been sick for **twelve years**. She had spent all her money going to doctor after doctor, but instead of getting better, she only got worse.

Her sickness was especially hard because of the rules of that time. It made her "unclean," which meant she wasn't supposed to be near other people. She was probably lonely, ashamed and forgotten.

Then she heard about Jesus. And she kept saying, "If only I touch His garments, I will be healed."

So she pushed her way through a huge crowd, came up behind Jesus, reached out and touched the edge of His cloak. And **immediately** she felt it. She was healed!

But then Jesus stopped. "Who touched My garments?"

The disciples thought it was a silly question. There were people pushing against Him from every side! But Jesus kept looking around. He knew someone had touched Him in faith.

The woman was terrified. She came forward, trembling, fell down at His feet and told Him the whole story.

And look at what Jesus said to her. The very first word: "**Daughter.**"

This woman, who had been lonely and ashamed and unwanted for twelve years, heard Jesus call her *daughter*. Not "unclean." Not "that woman." Daughter.

Then He said, "Your faith has healed you. Go in peace."

Jesus didn't just heal her body. He healed her heart. He brought her out of hiding and into the open. And He gave her a new name, one that said she belonged, she was loved and she was part of the family.

Remember what you learned in Book 1? You are a daughter of the King. When Jesus looks at you, He doesn't see your mistakes, your shame or the things you wish you could hide. He sees His daughter.

And like this woman, you can come to Him with faith, even when you're scared, even when you feel unworthy. He always welcomes you.

Think about it: Why do you think Jesus called her "daughter"? How does it feel to know He calls you His daughter too?

Try this: If there's something you've been hiding from God, bring it to Him today, like the woman who came trembling to Jesus. He will call you "daughter."

Dear Jesus, thank You for calling that brave woman "daughter." Thank You that You call me Your daughter too. When I feel ashamed or unworthy, help me come to You in faith. Heal my heart and give me Your peace. In Your name, Amen.

Day 27 — Faith That Wouldn't Quit

"'O woman,' Jesus answered, 'your faith is great! Let it be done for you as you desire.' And her daughter was healed from that very hour."
— Matthew 15:28 (BSB)

A woman from the region of Canaan came to Jesus, crying out, "Lord, Son of David, have mercy on me!" Her daughter was suffering terribly, and she was desperate for help.

She wasn't Jewish. She came from a people who had been enemies of Israel for a very long time. By the rules of the day, she had no right to ask Jesus for anything.

At first, Jesus didn't say a word. The disciples were annoyed. "Send her away," they said. "She keeps crying out after us."

But she didn't give up. She came and knelt in front of Jesus and said simply, "**Lord, help me!**"

Then Jesus said something that sounds strange to us. He told her that His mission was first to the people of Israel, and He used a saying: it isn't right to take the children's bread and toss it to the dogs.

That might sound harsh. But many people believe Jesus was testing her faith, and giving her a chance to show it to everyone watching, especially the disciples who wanted to send her away.

And she answered with amazing faith and humility: "Yes, Lord, even the dogs eat the crumbs that fall from their master's table."

In other words, *I know I don't deserve anything. But even a crumb of Your power would be enough to heal my daughter.*

And Jesus said, "**O woman, your faith is great!**" And her daughter was healed that very hour.

This mother's faith wouldn't quit. When Jesus was silent, she kept asking. When the disciples wanted her gone, she stayed. When the answer seemed like no, she kept trusting.

Sometimes when we pray, it feels like God is silent. Sometimes it feels like the answer is no. But this brave mother shows us: keep coming to Jesus. Keep asking. Keep trusting. Jesus loves faith that won't quit.

Think about it: What do you think made this woman keep asking, even when it seemed like Jesus wasn't answering?

Try this: Is there a prayer you've stopped praying because nothing seemed to happen? Start praying it again today, with faith that won't quit.

Dear Jesus, give me faith like this brave mother's, faith that won't quit. When it feels like You're silent, help me keep asking and keep trusting. Thank You that You love to answer faith. In Your name, Amen.

Day 28 — Near the Cross

"Near the cross of Jesus stood His mother and her sister, as well as Mary the wife of Clopas and Mary Magdalene."
— John 19:25 (BSB)

On the darkest day in history, when Jesus was arrested, beaten and crucified, where were His followers?

Most of His disciples ran away. They were afraid they'd be arrested too. Peter, who had promised he would never leave Jesus, denied even knowing Him.

But look at who John tells us was standing **near the cross**:

- **Mary, the mother of Jesus.** Can you imagine watching your son suffer like that?
- **Her sister,** Jesus' aunt.
- **Mary the wife of Clopas.**
- **Mary Magdalene,** the woman Jesus had set free.

These women didn't run away. They stayed. They stood close to Jesus when it was dangerous, when it was heartbreaking, and when it seemed like everything was falling apart.

They couldn't stop what was happening. They couldn't fix it. But they could be there. And they were.

That takes a special kind of courage. Not the courage to fight, but the courage to **stay**. To stay close to Jesus when it's hard. To stay with someone who is suffering, even when you can't make it better.

Jesus saw them there. And even while He was dying, He cared for them. He looked at His mother and at His disciple John, who had come back to the cross, and He asked John to take care of her like his own mother.

Sometimes following Jesus is easy and joyful. Sometimes it's hard and sad. The women at the cross show us what faithfulness looks like on the hardest days: stay close to Jesus.

And they show us how to love people who are hurting. When a friend is going through something terrible, you might not be able to fix it. But you can stand near her. You can stay.

Think about it: Why do you think these women stayed at the cross when most of the disciples ran away? What does it mean to "stay close" to Jesus on hard days?

Try this: Is there someone going through a hard time? Find a way to "stand near" her this week, just by being there.

Dear Jesus, thank You for the brave women who stayed near Your cross. Give me courage to stay close to You on the hardest days. And help me stay near people who are hurting, even when I can't fix things. In Your name, Amen.

Day 29 — "Mary!"

"Jesus said to her, 'Mary.' She turned and said to Him in Hebrew, 'Rabboni!' (which means 'Teacher')."
— John 20:16 (BSB)

Early on Sunday morning, while it was still dark, Mary Magdalene went to Jesus' tomb. She had watched Him die. She had seen Him buried. And now she came, grieving, to be near His body.

But when she got there, the stone had been rolled away. The tomb was empty!

Mary ran to tell Peter and John, and they came and saw the empty tomb. Then they went back home. But Mary stayed. She stood outside the tomb, **crying**.

Then she saw a man standing there. He asked her, "Woman, why are you weeping? Whom are you seeking?" Mary thought He was the gardener. She said, "Sir, if you have carried Him off, tell me where you have put Him, and I will get Him."

And then the man said just one word: "**Mary.**"

Immediately she knew. It was the way He said her name. It was **Jesus**, alive!

She turned and cried out, "Rabboni!" which means Teacher.

Think about this. Of all the people in the world, the first person to see Jesus alive after He rose from the dead was Mary Magdalene. Not a king. Not a priest. Not even Peter. It was a woman whose life Jesus had rescued,

who had followed Him faithfully, stayed at His cross and stayed at His tomb when everyone else went home.

Jesus honored her faithfulness. And He called her by name.

Remember Day 1 of Book 1? God said, "I have called you by your name; you are Mine!" That's exactly what happened in this garden. Mary's sadness turned to joy the moment she heard Jesus say her name.

Jesus knows your name too. When you're sad, confused or crying, He is closer than you think. And He calls you by name.

Think about it: Why do you think Jesus appeared first to Mary Magdalene? How does it feel to know Jesus knows your name?

Try this: Imagine Jesus saying your name, gently and lovingly. Then talk to Him the way Mary did: as your Teacher and your Lord.

Dear Jesus, thank You that You rose from the dead, and that You called Mary by name. Thank You that You know my name too. When I'm sad or confused, help me hear Your voice and know that You are alive and near. In Your name, Amen.

Day 30 — "I Have Seen the Lord!"

"Mary Magdalene went and announced to the disciples, 'I have seen the Lord!' And she told them what He had said to her."
— John 20:18 (BSB)

After Jesus called Mary's name, He gave her a job. He told her to go and tell His disciples that He was alive.

And Mary did. She ran to the disciples and announced, "**I have seen the Lord!**"

Mary Magdalene became the very first person to tell the news that Jesus had risen from the dead. The most important message in all of history, and Jesus trusted a woman to carry it first.

Think about everything Mary had been through. Before Jesus found her, she had been tormented and trapped. Then Jesus set her free. She followed Him and supported His work. She stood at His cross when others ran. She stayed at His tomb when others went home. And now she got to tell the world the best news ever.

Mary's story is a picture of this whole book.

She faced her **fear**. She must have been terrified at the cross and confused at the tomb, but she stayed.

She used her **voice**. When Jesus told her to go, she went and told.

She **served**. She had supported Jesus with what she had.

She **led**. She carried the message to the disciples first.

And she **followed Jesus**, all the way.

That's what it means to be brave. Not to never feel afraid, but to follow Jesus with your whole heart, and to tell others about Him.

Look back at everything you've learned in these 30 days. You learned to bring your worries to God and to trusted people. You learned to use your voice: to speak up, say no, ask for help and tell the truth in love. You met women who served with their hands and hearts. You learned to lead by going first, speaking wisely, standing firm, asking questions, serving and passing faith on. And you met the brave women who followed Jesus.

Now it's your turn. You've seen the Lord in these pages. Go and tell!

A true story: Lilias Trotter was a young woman in England who could paint beautifully. One of the greatest art teachers in the country told her that if she gave herself to painting, she could become one of the greatest artists England had ever seen. But Lilias loved Jesus more than she loved fame. She laid down that bright future and sailed to Algeria, in North Africa, to tell people about Jesus. The work was slow and lonely, but she stayed for nearly forty years. And her gift wasn't wasted: she painted beautiful little books that told the story of Jesus in ways the people could understand. She chose to be faithful instead of famous. You can read her whole story in *Brave for God*.

Think about it: What's one brave thing you've learned in this book that you want to keep doing?

Try this: Be like Mary Magdalene. Tell someone today about something Jesus has done for you.

Dear Jesus, thank You for Mary Magdalene, who followed You all the way and told the world You are alive. Make me brave like her. Help me face my fears, use my voice, serve, lead and follow You with my whole heart. Help me tell others about You. In Your name, Amen.

Conclusion: Brave Daughter

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

In Book 1, you learned **who you are**: loved, chosen and made on purpose by God. In this book, you learned **what that means for how you live**. Because you belong to God, you can be brave.

You learned that being brave doesn't mean never being afraid. It means bringing your worries to God and to people who love you, resting at night in His care, not worrying so much about how you look, living one day at a time and remembering that His perfect love drives out fear.

You learned to use your voice like the five daughters of Zelophehad: to speak up at the right time, to say no to what's wrong, to never keep secrets that hurt, to ask for help and to speak the truth in love.

You met women who served: Phoebe, Priscilla, Dorcas, Peter's mother-in-law and the widow of Zarephath. And you learned to serve with gladness.

You learned to lead like Miriam and the queen of Sheba, with wise words, standing firm, serving others and passing faith on like Lois and Eunice.

And you walked with the brave women who followed Jesus: Mary Magdalene, Joanna, Susanna, the woman who touched His cloak, the mother whose faith wouldn't quit, and the women at the cross and the tomb.

You also met five more real women who trusted God bravely: Helen Roseveare, Pandita Ramabai, Ida Scudder, Elisabeth Elliot and Lilias Trotter.

That's a lot of brave women! And now you're one of them.

If you haven't trusted Jesus yet

The bravest thing you can ever do is trust Jesus with your whole life. He died on the cross to take the punishment for your sins, and He rose again, just like Mary Magdalene saw. He offers you forgiveness and a place in God's family forever. 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 all the way, like the brave women who followed You. Thank You for making me a daughter of the King. Amen.

If you prayed that, tell someone: your mom or dad, a pastor, a leader or a Christian friend!

What's next

In **Book 3 of Daughters of the King**, you'll learn about **growing up**: your feelings and emotions, how God designed your body and the changes that come as you grow, making wise choices, discovering what God might be calling you to do, and finding women who can help you grow.

Until then, be brave. You are a daughter of the King.

> *"For God has not given us a spirit of fear, but of power, love, and self-control."*
> *— 2 Timothy 1:7 (BSB)*

© Ochorus. An Ochorus Original, written for young readers, free to read and share. Scripture quotations are from the Berean Standard Bible (BSB), which is in the public domain.

This edition was prepared by Ochorus, a free library of Christian classics.

Read it online, free, at https://ochorus.com/books/daughters-of-the-king-2/

More free classics at ochorus.com