OCHORUS ORIGINALS

3

Daughters of the King

Growing Up: your feelings, your changing body, wise choices, and God's calling

Ochorus

Daughters of the King – 30 Days with God for Girls – Book 3

Growing Up: your feelings, your changing body, wise choices, and God's calling

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. Book 1 taught a girl who she is, and Book 2 how to be brave. Book 3 walks with her into growing up, and it opens with a prayer from Psalm 144:12 that daughters would be "like corner pillars carved to adorn a palace": strong, and shaped with care.

The first week is about feelings: anger, sadness, embarrassment, moody days, and taking every thought captive. The second speaks openly and simply about puberty: growth and body shape, breast development and body hair, periods, hygiene, and hormones and changing moods, all as part of God's good design. It leaves questions about sex and reproduction to parents, and every day sends a girl back to her mother or a woman she trusts. The third week is about wise choices: crushes, money, time, being careful online and a pure heart. The fourth is about calling: gifts, dreams, and God pouring out His Spirit on His daughters. The fifth is about mentors and finishing well, with Naomi, Elizabeth and Anna.

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, Ida Scudder, Gladys Aylward, Lottie Moon and Mary Slessor. A note for parents recommends reading the growing-up week together.

Introduction: Growing Up

Look at an old photo of yourself as a baby or a toddler. Chubby cheeks, tiny hands, maybe not much hair! Now look in the mirror. You've grown so much. And you're still growing.

Right about now, somewhere between ages 9 and 12, many girls start noticing that growing up is speeding up. Your feelings might seem bigger. Your body starts to change. Your friendships shift. You start thinking more about who you are and who you want to become.

All of that can feel exciting. It can also feel confusing, awkward or even a little scary. That's completely normal.

Here's the most important thing to know: **growing up is part of God's good design.** He isn't surprised by any of it. He planned it. And He's with you through every change.

King David prayed a beautiful prayer for the young people of his nation:

> *"Then our sons will be like plants nurtured in their youth, our daughters like corner pillars carved to adorn a palace."*
> *— Psalm 144:12 (BSB)*

A *corner pillar* holds up a building. And these pillars were "carved to adorn a palace," shaped with care and made beautiful. That's a picture of you: a daughter of the King, being shaped by God into a strong, beautiful young woman.

What's in this book

- **Week 1 — Feelings.** Big feelings, anger, sadness, embarrassment, and what to do with them.
- **Week 2 — Your Body and Growing Up.** How God designed your body, and the changes that come as you grow.
- **Week 3 — Wise Choices.** Friends, crushes, money, time, being wise online, and a pure heart.
- **Week 4 — Calling.** Discovering your gifts and what God might be calling you to do.
- **Week 5 — Mentors and Finishing Well.** Learning from older women, helping younger girls, and growing old beautifully.

At the end of each week, you'll meet a real woman from history, some of them you may remember from Books 1 and 2, who trusted God in every season of life.

How each day works

Every day takes about five to ten minutes and has five parts: the verse, the teaching, **Think about it**, **Try this** and a prayer. Add your own words to the prayers!

A special note about Week 2

Week 2 talks about how your body changes as you grow up. Some of it might feel a little awkward to read, and that's okay! It's a great week to read **with your mom, grandma, an aunt or another woman you trust**. Every day that week ends by encouraging you to take your questions to her,

because nobody has all the answers alone, and the women who love you want to help.

If you haven't read Books 1 and 2, that's okay! You can start right here.

For parents, grandparents and leaders

Book 3 of *Daughters of the King* is about growing up for girls aged 9 to 12, with Scripture from the Berean Standard Bible. As in the earlier books, it builds character and faith and does not teach adult roles.

Week 2 speaks openly and age-appropriately about puberty. It covers:

- growth and body shape
- breast development and body hair
- periods, explained simply and accurately
- hygiene
- changing moods

It frames all of this as God's good design, and it deliberately leaves questions about sex and reproduction to parents. Each day of that week sends girls back to a parent or trusted woman with their questions, and Day 12 repeats a simple body-safety message. We strongly encourage reading Week 2 together. It may open the door to conversations you'll be glad to have.

Day 14 is about crushes. It encourages girls not to rush, and to talk openly with their parents.

Day 1 — A Time to Laugh, a Time to Cry

"...a time to weep and a time to laugh, a time to mourn and a time to dance."
— Ecclesiastes 3:4 (BSB)

Have you ever noticed that your feelings seem bigger than they used to be? One minute you're laughing so hard your stomach hurts. The next, you're crying and you're not even sure why. Something small annoys you way more than it should. You feel happy, then frustrated, then sad, all in the same afternoon.

If that sounds like you, you're not weird. As girls grow up, feelings often get bigger and change faster. It's part of growing.

Here's something important to know: **God made feelings.** Joy, sadness, excitement, anger, love, fear and peace: God designed you to feel all of them. They're not bad. They're part of being a human made in His image. God Himself has feelings! The Bible says He rejoices, He grieves, He loves and He gets angry at evil. Jesus laughed with His friends, and He wept at a friend's tomb.

King Solomon wrote that there is "a time to weep and **a time to laugh**, a time to mourn and **a time to dance**." Life has all kinds of seasons, and all kinds of feelings to go with them.

So feelings aren't the problem. But feelings can be tricky, because they don't always tell the truth. You might *feel* like nobody likes you, when really lots of people do. You might *feel* like something is the end of the

world, when really it's just a hard day. Feelings are real, but they aren't always right.

This week, we'll look at how to handle some of the big feelings: anger, sadness, embarrassment and moody days. And we'll learn that you can bring every feeling to God.

Here's a good start. When you feel something strongly, try to **name it**. *I feel frustrated. I feel lonely. I feel nervous. I feel really happy!* Just naming a feeling helps you understand it, and helps you decide what to do with it.

Think about it: What feeling have you felt most strongly this week? Is it easy or hard for you to name your feelings?

Try this: Three times today, stop and name what you're feeling. Then tell God about it.

Dear God, thank You for making me with feelings. Thank You that there's a time to laugh and a time to cry. Help me understand my feelings, name them, and bring every one of them to You. In Jesus' name, Amen.

Day 2 — When You're Angry

"Be angry, yet do not sin; on your bed, search your heart and be still."
— Psalm 4:4 (BSB)

Girls get angry too. Sometimes people act like anger is only a "boy thing," or that good girls should never get mad. But that's not true. Everybody feels angry sometimes.

Maybe your sister borrowed your favorite shirt without asking and got a stain on it. Maybe your friends made plans without you. Maybe a teacher blamed you for something you didn't do. Maybe your parents said no, again.

David wrote today's verse, and look at the first words: "**Be angry**, yet do not sin." David didn't say, "Never feel angry." Anger itself isn't always wrong. Sometimes anger is the right response, like when someone is being treated unfairly. The question is what you *do* with your anger.

Some girls let their anger explode: yelling, slamming doors, saying cruel things. Other girls let their anger go underground: giving the silent treatment, being secretly mean, getting even behind someone's back, or holding a grudge for weeks. Both of those can hurt people, and both can hurt you.

David gives a better way: "on your bed, **search your heart** and **be still**."

Search your heart. When you're angry, take time to ask: *Why am I really so upset? Was I actually wronged, or am I just not getting my way? Is*

there hurt underneath my anger? Often anger is covering up another feeling, like hurt, embarrassment or fear.

Be still. Don't react right away. Take a break. Breathe. Pray. Cool down before you speak or act.

Then, once you've calmed down, you can deal with the problem in a good way: talking honestly and kindly to the person, asking for help from a grown-up, forgiving, or letting it go.

Anger that you bring to God can turn into something good, like standing up for what's right or solving a problem. Anger that you let control you usually just makes things worse.

Think about it: When you're angry, do you tend to explode or go underground? What's usually underneath your anger?

Try this: The next time you feel angry, go somewhere quiet for a few minutes. Search your heart, be still and pray before you respond.

Dear God, sometimes I get angry. Help me not to sin in my anger. Help me search my heart and understand what I'm really feeling, and help me be still before I react. Show me how to handle my anger in a way that honors You. In Jesus' name, Amen.

Day 3 — When You're Sad

"Why are you downcast, O my soul? Why the unease within me? Put your hope in God, for I will yet praise Him for the salvation of His presence."
— Psalm 42:5 (BSB)

Sometimes sadness comes for a clear reason. A friend moves away. A pet dies. You didn't get picked. Your parents are fighting. But sometimes sadness shows up and you're not even sure why. You just feel heavy, low or down.

The writer of Psalm 42 knew that feeling. He even talked to himself about it: "Why are you **downcast**, O my soul?" *Downcast* means feeling low, like your spirit is sagging. "Why the unease within me?"

Isn't it interesting that the Bible includes a song about feeling sad? God doesn't expect His children to be happy all the time. He knows sadness is part of life. And He's not disappointed in you when you feel it.

But notice what the psalm writer did. He didn't just stay stuck in his sadness. He spoke to his own heart: "**Put your hope in God**, for I will yet praise Him."

That little word *yet* is important. He was saying, *I feel sad right now. But this isn't the end. I will praise God again.* He reminded himself of what was true, even when his feelings didn't match yet.

Here are some things that can help when you're sad:

- **Tell God.** You can pour out your sadness to Him, just like the psalm writer did.
- **Tell someone.** Talk to your mom, dad or another grown-up you trust. You don't have to carry sadness alone.
- **Remember what's true.** God loves you. He's with you. Sad days don't last forever.
- **Do something kind for your body.** Get some sleep, go outside, drink water and move around.
- **Let yourself cry** if you need to. Tears aren't weakness.
- **Remember a time God helped you before.**

And here's something really important: if you feel sad most of the time, for a long time, or if sadness makes it hard to do everyday things, **please tell a parent or trusted adult**. Sometimes sadness is more than a bad day, and there are people, like doctors and counselors, who can help. Getting help is brave.

Think about it: When you feel sad, what helps you most? Who could you talk to?

Try this: If you're feeling sad, write down three true things about God. Read them out loud to yourself.

Dear God, sometimes I feel sad and downcast. Thank You that You understand and You're not disappointed in me. Help me put my hope in You, and help me talk to someone when I'm sad. I will praise You again. In Jesus' name, Amen.

Day 4 — When You're Embarrassed

"Do not be afraid, for you will not be put to shame; do not be intimidated, for you will not be humiliated."
— Isaiah 54:4 (BSB)

You tripped in front of the whole class. You said the wrong answer, and everyone laughed. You had something stuck in your teeth all day, and nobody told you. You waved at someone who was actually waving at the person behind you.

Embarrassment is one of those feelings that can make your whole face turn red and make you want to disappear. And as girls get older, they often feel embarrassed more easily. It can seem like everybody is watching and judging.

God spoke today's words to His people at a time when they felt ashamed. And His promise was beautiful: "**Do not be afraid**, for you will not be put to shame; do not be intimidated, for you will not be humiliated."

Here's some good news for embarrassing moments:

Everyone gets embarrassed. The girls you think have it all together get embarrassed too. You're not the only one.

People notice less than you think. Most people are so busy thinking about themselves that they forget your embarrassing moment much faster than you do.

Embarrassing moments pass. What feels huge today will probably seem small next week, and funny next year.

Your worth doesn't change. Tripping, saying the wrong thing or being laughed at doesn't make you less valuable. You're still a daughter of the King.

You can learn to laugh. Sometimes the best thing to do is laugh at yourself. It takes the power out of embarrassment.

There's a difference between embarrassment and **shame**. Embarrassment is feeling awkward about a silly moment. Shame is feeling like there's something wrong with *you*. God doesn't want His daughters to live in shame. Jesus took our shame on the cross, so that we could stand before God forgiven and free.

And one more thing: be kind when others are embarrassed. Don't be the one laughing. Help them up, change the subject or smile at them kindly. You know how it feels.

Think about it: What's the most embarrassing thing that's happened to you? How do you feel about it now?

Try this: The next time someone else has an embarrassing moment, be the kind one. Help them feel better instead of laughing.

Dear God, thank You that I don't have to live in shame. When I'm embarrassed, help me remember that my worth doesn't change, and help me laugh and move on. Help me be kind when others are embarrassed. In Jesus' name, Amen.

Day 5 — Pour It Out

"Trust in Him at all times, O people; pour out your hearts before Him. God is our refuge."
— Psalm 62:8 (BSB)

Some days, you feel all the feelings at once. You wake up grumpy for no reason. Something small sets you off. You feel happy one minute and teary the next. You can't even explain what's wrong.

Those are moody days. Everyone has them, and as girls grow up, they often have more of them. (Next week, you'll learn one reason why: your body is changing, and that can affect your feelings too.)

So what do you do with a moody day?

David gives a beautiful answer: "**Pour out your hearts before Him.**"

Picture pouring water out of a pitcher. You tip it all the way over, and everything inside comes out. David is saying: *Don't hold it in. Don't pretend you're fine. Pour it all out to God, every bit.*

You can tell God, *I don't even know why I feel like this.* You can tell Him, *Everything is annoying me today.* You can tell Him you feel sad, mad, confused or overwhelmed. God can handle all of it. He isn't shocked by your feelings.

And then David adds: "**God is our refuge.**" A *refuge* is a safe place, like a shelter in a storm. When your feelings are swirling like a storm, God is a safe place to run to.

Here are some ways to pour out your heart:

- **Pray out loud** somewhere private.
- **Write it in your journal.** Some girls write letters to God.
- **Draw it** if it's hard to put into words.
- **Talk to someone you trust,** like your mom, a grandmother or a friend who loves Jesus.

And on moody days, try to be gentle with yourself and with others. Tell your family, "I'm having a hard day," instead of snapping at them. Get some rest. Go for a walk. Moody days don't last forever.

Think about it: What do you usually do when you're in a bad mood? What would it look like to "pour out your heart" to God instead?

Try this: Write God a letter in your journal about how you're feeling today, and pour everything out.

Dear God, thank You that I can pour out my heart to You, even on days when I don't understand my feelings. You are my refuge. When my feelings are stormy, help me run to You. In Jesus' name, Amen.

Day 6 — Captain of Your Thoughts

"We demolish arguments and every presumption set up against the knowledge of God; and we take captive every thought to make it obedient to Christ."
— 2 Corinthians 10:5 (BSB)

Have you ever had a thought that just kept running around your head? *I'm so stupid. Nobody likes me. I'll never be good at this. Everybody's talking about me.*

Thoughts like that can make your feelings spiral down, down, down. And the more you think them, the more you believe them.

Paul says something powerful: "we **take captive every thought** to make it obedient to Christ."

Imagine a soldier catching an enemy spy sneaking into a camp. He doesn't just let the spy wander around! He captures him and brings him to the commander.

Paul says to do that with your thoughts. When a thought sneaks in that isn't true, isn't kind or doesn't line up with what God says, you don't have to let it run around your mind. You can capture it and bring it to Jesus.

Here's how:

1. Notice the thought. *There it is again: "Nobody likes me."*

2. Ask if it's true. *Is that really true? Is it what God says?*

3. Replace it with truth. *That's not true. My family loves me. God loves me. I have friends who care about me. I'm a daughter of the King.*

Your feelings often follow your thoughts. If you change what you think, your feelings will often start to change too.

This week, you've learned that God made feelings, and how to handle anger, sadness, embarrassment and moody days. You've learned to pour out your heart to God. And today, you've learned that you don't have to be bossed around by every thought. With God's help, you can be the captain of your thoughts.

A true story: You met Amy Carmichael in Book 1: the girl who asked God for blue eyes and later rescued children in India. But did you know how her life ended? After a bad fall, Amy spent her last **twenty years** mostly unable to leave her room. She must have felt sad, frustrated and even lonely at times. But she didn't let those feelings take over. She kept praying, and she kept writing, sending out words of comfort and hope that encouraged people all over the world. Even stuck in one room, she chose to fill her mind with God's truth. You can read her whole story in *Brave for God*.

Think about it: What's a thought that often pops into your head that isn't true? What's the truth that could replace it?

Try this: Write down one untrue thought you often have. Next to it, write the truth from God's Word. Read the truth every time the lie shows up.

Dear God, help me take every thought captive and make it obey Jesus. When lies pop into my head, help me notice them and replace them with Your truth. Help me be the captain of my thoughts. In Jesus' name, Amen.

Day 7 — Your Body, God's Design

"My frame was not hidden from You when I was made in secret, when I was woven together in the depths of the earth."
— Psalm 139:15 (BSB)

This week, we're going to talk about something every girl goes through: the way your body changes as you grow up. It's called **puberty**.

Maybe you've already noticed some changes. Maybe your friends have, and you're wondering when it'll happen to you. Maybe you've heard things that made you nervous or confused. Maybe you'd rather skip this part completely!

But here's the truth: **your body is God's design.** David wrote that God knew his "frame," his body, even before he was born. God "wove" him together, like someone weaving a beautiful piece of cloth. That's true of you too. God planned every part of your body, including the way it grows and changes.

Puberty is the time when a girl's body slowly begins to change into a young woman's body. It usually starts somewhere between about **ages 8 and 13**, and it happens gradually over several years. Some girls start earlier, and some start later. **Both are normal.** Your body has its own timing, and God set that clock.

During puberty, lots of changes happen:

- You grow taller, sometimes very quickly.

- Your body shape changes.
- Your chest begins to develop.
- Hair grows in new places.
- You'll get your first period.
- Your skin and hair might get oilier.
- Your feelings might go up and down more.

Over the next few days, we'll talk about each of these. It might feel a little awkward, and that's okay! Awkward doesn't mean bad. These changes are good, healthy and normal. They're God's way of growing you from a girl into a woman.

Here's one of the most important things to remember: **nothing about how God designed your body is shameful or dirty.** You never need to feel embarrassed to ask questions about it.

Some girls feel excited about growing up. Some feel nervous. Some wish they could stay little forever. All of those feelings are normal too. Whatever you feel, God is with you through every change.

Think about it: How do you feel about growing up and your body changing? Excited, nervous, confused, or a little of everything?

Try this: This week, ask your mom (or another woman you trust), "What was growing up like for you?" Tell her you'd like to talk about the changes that come with puberty.

Dear God, thank You for designing my body so carefully, and for knowing me before I was born. Help me see the changes of growing up as part of Your good plan. Help me not to be afraid or ashamed, and help me talk to the women who love me when I have questions. In Jesus' name, Amen.

Day 8 — Changing Shape

"She girds herself with strength and shows that her arms are strong."
— Proverbs 31:17 (BSB)

One of the first things many girls notice during puberty is that they're **growing**, sometimes fast! You might grow several inches in a year. Your jeans suddenly don't fit. Your shoes are too small. You might feel a little clumsy as you get used to longer arms and legs.

Your body **shape** changes too. Your hips usually get wider. Your body naturally gains some weight, which it needs, because it's growing and getting stronger. You start to look less like a little girl and more like a young woman.

Sometimes girls feel uncomfortable about these changes. They see their bodies changing and start to worry. *Am I getting too big? Why don't I look like her? Why is my body changing faster, or slower, than my friends'?*

Here's what you need to know:

Healthy growth includes gaining weight. Your body needs to put on weight as it grows taller and develops. That's exactly what God designed it to do.

Every girl's body is different. Some girls are tall, some are short. Some are curvy, some are straight. God made a beautiful variety, and there's no single "right" shape.

Don't try to stop your body from growing. Some girls start skipping meals or dieting because they're worried about how they look. But your

growing body needs good food, a lot of it! Eating well, moving your body, playing and getting enough sleep are the best ways to take care of it.

Strong is good. Look at today's verse about a woman of God: "She girds herself with **strength** and shows that her arms are **strong**." God wants His daughters to be strong and healthy, not worried about being as small as possible.

Please talk to someone if you ever feel really worried about your weight or shape, if you're afraid to eat, or if you find yourself thinking about food and your body all the time. Tell your mom, dad or another trusted grown-up right away. Those feelings are common, and help is available.

Your body is a gift. It lets you run, play, hug, dance, climb, create and serve. As it changes, you can thank God for it.

Think about it: What's something you're thankful your body can do?

Try this: Ask your mom or a trusted woman, "What should I know about how my body will change?" Then thank God for three things your body can do.

Dear God, thank You for my growing body. When it changes, help me not to worry or compare, but to thank You. Help me take good care of my body with good food, exercise and rest. Make me strong in body and in spirit. In Jesus' name, Amen.

Day 9 — Growing Up Is Good

"And the Child grew and became strong. He was filled with wisdom, and the grace of God was upon Him."
— Luke 2:40 (BSB)

Did you know Jesus went through puberty too?

Today's verse is about Jesus as a boy. "The Child **grew** and became strong." Jesus had a real human body. He was a baby, then a toddler, then a kid, then a teenager, then a man. His body grew and changed, just like yours. That means Jesus understands what it's like to grow up.

Today let's talk about two more changes that happen during puberty.

Your chest develops. For many girls, the first sign of puberty is that their chest starts to grow. It often starts with small bumps under the nipples, which might feel a little tender or sore. Over the next few years, your breasts will slowly grow and develop. One side might grow a bit faster than the other at first. That's normal! Everyone's body develops at its own pace and shape. When the time comes, your mom or another woman you trust can help you get your first bra, to keep you comfortable and supported.

Hair grows in new places. During puberty, hair starts growing under your arms and in your private area, the part of your body covered by your underwear. The hair on your legs might get darker too. This is all normal. Some girls choose to shave their legs or underarms when they're older, and some don't. That's something to talk about with your mom.

These changes can feel strange at first. You might feel self-conscious, or worry that other people will notice. But remember: every woman you know went through these same changes. Your mom did. Your grandma did. Your teachers did. It's part of God's design for turning girls into women.

Here's something important: **your private parts are private.** That means they're special and personal, and no one should see or touch them except for things like a parent helping you when you're little, or a doctor checking your health with a parent there. You're growing up, and your body deserves respect, from others and from you.

If you have questions about any of these changes, **ask your mom or another woman you trust.** There's no such thing as a silly question about your body.

Think about it: How does it help to know that Jesus grew up too, and understands?

Try this: Write down any questions you have about how your body is changing. Share them with your mom or a woman you trust this week.

Dear Jesus, thank You that You grew up too, and You understand what it's like. Help me not to be embarrassed about the changes in my body, but to see them as part of God's good design. Give me courage to ask questions. In Your name, Amen.

Day 10 — Your Period

"Even to your old age, I will be the same, and I will bear you up when you turn gray. I have made you, and I will carry you; I will sustain you and deliver you."
— Isaiah 46:4 (BSB)

Today, let's talk about something every girl needs to know about: your **period**.

Some girls feel nervous or embarrassed about periods. Some have heard confusing things. Let's clear it up with the simple truth.

What is a period? Inside a woman's body is an organ called the **uterus** (also called the **womb**). It's where a baby grows before it's born. Starting at puberty, about once a month, the uterus builds up a soft lining. When a baby isn't growing there, the body lets that lining go, and it leaves the body as blood through the vagina over a few days. That's called a **period**, or **menstruation**.

A period is part of how God designed a woman's body, so that one day, when she's a grown woman, she could have a baby if God gives her one. Your mom can tell you more about that part when you're ready.

When does it start? Most girls get their first period somewhere between about **ages 10 and 15**. It usually comes a couple of years after your chest starts to develop. Some girls get it earlier, and some later. Both are normal.

What is it like? A period usually lasts about three to seven days, and comes about once a month. At first it might not be regular. You might have a little bleeding or a lot. Some girls get cramps (an achy feeling in their lower belly), feel tired, or feel more emotional before or during their period.

What do I do? Girls use **pads** (which stick inside your underwear) or other products to catch the blood. Your mom or a woman you trust can show you what to use and how. It's a great idea to keep a pad in your backpack, just in case. If your period ever surprises you at school, a school nurse or teacher can help.

Is it normal? Yes! A period is healthy and normal. It's not dirty, gross or shameful. Every woman in your life has experienced it.

When should I tell someone? Tell a parent if your cramps are really painful, if bleeding is very heavy, or if anything worries you. A doctor can help.

Isaiah's promise is for every stage of life: "I have made you, and I will carry you." God made your body. And He'll carry you through every change, from girlhood to old age.

Think about it: How do you feel about getting your period? What questions do you still have?

Try this: Talk with your mom or a woman you trust about periods. Ask her to help you put together a small kit to keep in your backpack.

Dear God, thank You for designing my body so wonderfully. Help me not to be afraid or embarrassed about my period. Thank You that You made me, and that You'll carry me through every change. Help me talk to women I trust when I have questions. In Jesus' name, Amen.

Day 11 — Taking Care of Your Body

"Beloved, I pray that in every way you may prosper and enjoy good health, as your soul also prospers."
— 3 John 1:2 (BSB)

The apostle John wrote a letter to his friend Gaius, and he started with a kind prayer: "I pray that in every way you may prosper and **enjoy good health**, as your soul also prospers." John cared about his friend's body *and* his soul. God cares about both too.

As you go through puberty, taking care of your body becomes more important, because your body is changing in ways that need new kinds of care.

Sweat and body odor. During puberty, you start to sweat more, especially under your arms, and that sweat can start to smell. That's normal! It means your body is growing up. Now's a good time to:

- **Shower or bathe** regularly, especially after exercise.
- **Use deodorant** every day. Ask your mom to help you choose one.
- **Wear clean clothes,** including clean socks and underwear every day.

Oily skin and pimples. Your skin might get oilier, and you might start getting **pimples** (also called acne), especially on your face. Almost every teenager gets them! Wash your face gently every morning and night, and try

not to pick at pimples. If they really bother you, a parent or doctor can help.

Oily hair. Your hair might get greasy faster, so you may need to wash it more often.

Your period. On your period, change your pad regularly, every few hours, and wash your hands.

Sleep, food and exercise. Your growing body needs a lot of rest, good food, plenty of water and time to move and play. Taking care of these helps your body, your mood and even your skin.

Taking care of your body isn't vanity. It's not about looking perfect or impressing people. It's about stewarding the body God gave you, treating it as the gift it is.

And here's a secret: when you feel clean and healthy, you usually feel more confident too.

If you're not sure how to do some of these things, that's okay! Nobody is born knowing. **Ask your mom or another woman you trust** to show you.

Think about it: Which of these ways of caring for your body do you already do well? Which do you need to start?

Try this: Make a simple morning and evening routine for taking care of your body, like washing your face, deodorant and brushing your teeth. Ask your mom to help you.

Dear God, thank You for caring about my body and my soul. Help me take good care of the body You gave me as it grows and changes. Help me be healthy, clean and strong, not to show off, but to honor You. In Jesus' name, Amen.

Day 12 — Feelings on a Roller Coaster

"I have set the LORD always before me. Because He is at my right hand, I will not be shaken."
— Psalm 16:8 (BSB)

Remember Week 1, when we talked about big feelings and moody days? Here's one reason feelings can get bigger during puberty: **hormones**.

Hormones are chemical messengers in your body. They're part of how God designed puberty to happen. They tell your body when to grow, when to develop, and when to start your period. But hormones can also affect your feelings.

That's why, during puberty, many girls notice:

- They cry more easily.
- They get irritated or grumpy faster.
- Their moods change quickly.
- They feel more sensitive about what others think.
- They feel more emotional around the time of their period.

If that sounds like you, **you're not going crazy, and you're not a bad person.** Your body is growing, and your feelings are along for the ride. It's a bit like being on a roller coaster: up, down, around, sometimes all in one day.

But here's the good news from today's verse: "I have set the LORD always before me. Because He is at my right hand, **I will not be shaken**."

Your feelings might go up and down. But God doesn't. He stays the same. When you keep your eyes on Him, you have something steady to hold on to, even when your feelings are all over the place.

Here are some things that help on roller-coaster days:

- **Remember it will pass.** Hard feelings don't last forever.
- **Get enough sleep.** Tired bodies have bigger feelings.
- **Tell your family,** "I'm having an emotional day," so they understand.
- **Be gentle with yourself,** and with the people around you.
- **Pour out your heart to God,** like we learned in Week 1.
- **Talk to your mom or a trusted woman.** She's been through it too.

One more very important thing. Your body is yours, and it belongs to God. No one, not a stranger and not someone you know, should ever touch your private parts, ask you to touch theirs, or ask you for pictures of your body. If anyone ever does, or tells you to keep a secret about it, **tell a trusted adult right away**. It's never your fault, and telling is always right.

This week, you've learned that your body is God's design, and about growing, changing shape, your chest and body hair, your period, taking care of your body, and your changing feelings. You're growing up, and God is with you every step.

A true story: You met Ida Scudder in Book 2. She was the young woman who became a doctor after three women died in one night because there was no woman doctor to help them. Ida spent her life caring for women's bodies and health. She built a hospital and a medical school so that girls and women in India could get the care they needed, from women

doctors who understood. Ida knew that a woman's body matters to God, and that caring for it is good and holy work. You can read her whole story in *Brave for God*.

Think about it: Have you noticed your feelings going up and down more? What helps you stay steady?

Try this: Have a conversation with your mom or a woman you trust about this whole week. Ask her anything you're still wondering about.

Dear God, when my feelings are like a roller coaster, help me set my eyes on You. Thank You that You don't change, and that with You I will not be shaken. Thank You for designing my growing body. Keep me safe, and help me always tell a trusted grown-up if anything doesn't feel right. In Jesus' name, Amen.

Day 13 — Wisdom Is Supreme

"Wisdom is supreme; so acquire wisdom. And whatever you may acquire, gain understanding."
— Proverbs 4:7 (BSB)

As you grow up, you get to make more of your own choices. What to wear. Who to be friends with. How to spend your time and money. What to watch. How to respond when something goes wrong.

That's exciting! But it also means you need something really important: **wisdom**.

Wisdom is knowing how to live well: making good choices, understanding what's right and seeing situations the way God sees them. It's different from being smart. You can know a lot of facts and still make foolish choices. And you can be young and still be wise.

Solomon, the wisest king who ever lived, wrote: "**Wisdom is supreme**; so acquire wisdom." *Supreme* means the best, the most important. Solomon is saying: *Of everything you could get in life, get wisdom first.*

Think about all the things girls sometimes want most: to be pretty, popular, talented or rich. Solomon says wisdom is worth more than all of them. Why? Because wisdom helps you with everything else. A wise girl chooses good friends, handles money well, avoids trouble and grows closer to God.

So how do you "acquire" wisdom? You can't buy it at a store! But you can:

- **Ask God for it.** He promises to give wisdom to anyone who asks.
- **Read the Bible,** especially Proverbs, which is full of wisdom. There are 31 chapters, one for every day of the month!
- **Learn from wise people:** parents, grandparents, pastors, teachers and mentors.
- **Learn from your mistakes.** Wise people aren't perfect. They learn.
- **Think before you act.** Ask, "What would be the wise thing to do here?"

This week, we're going to look at wise choices in some areas that matter a lot as you grow up: crushes, money, time, being online, and keeping a pure heart.

Think about it: Who is the wisest person you know? What makes her or him wise?

Try this: Read one chapter of Proverbs today. Try reading the chapter that matches today's date!

Dear God, I want to be wise. Help me value wisdom more than being pretty, popular or rich. Teach me through Your Word and through wise people, and help me make good choices as I grow up. In Jesus' name, Amen.

Day 14 — Crushes and Feelings

"O daughters of Jerusalem, I adjure you by the gazelles and does of the field: Do not arouse or awaken love until the time is right."
— Song of Songs 2:7 (BSB)

Have you ever had a **crush**? That's when you suddenly start thinking a boy is really cute, or you get nervous and giggly around him, or you hope he notices you.

Crushes are really common as girls grow up. If you've had one, that's normal! It's part of growing up and becoming a young woman. And if you haven't had one, or don't care about boys at all yet, that's completely normal too.

There's a book in the Bible called the Song of Songs. It's a love poem about a husband and wife. And three times in the book, the young woman gives some wise advice to her friends, "the daughters of Jerusalem": "**Do not arouse or awaken love until the time is right.**"

In other words: *Don't rush it.* Romantic love is a beautiful gift from God. But it's a gift meant for the right time, and that time is when you're much older and ready for it. Trying to wake it up too early can lead to heartbreak, distraction and choices you'll regret.

So what should you do with crushes now?

- **Don't panic.** Having a crush doesn't mean you have to do anything about it.

- **Don't rush into "dating" or "going out."** At your age, it's much better to just be friends with boys. There's plenty of time for romance later.
- **Keep your heart focused on God first.** Your worth doesn't come from whether a boy likes you. It comes from being a daughter of the King.
- **Be careful online.** Never send pictures or private messages to boys, or to anyone, that you wouldn't want your parents to see.
- **Talk to your mom or dad.** Tell them about your crush! It might feel embarrassing, but they want to help you and they won't laugh at you. They've been there too.
- **Don't let crushes cause drama.** Don't tease other girls about their crushes, or spread rumors about who likes whom.

Someday, if God has marriage in your future, you'll be glad you waited and let love wake up at the right time. For now, enjoy being a girl. Build friendships, grow in your faith and trust God with your heart.

Think about it: Why do you think the Bible says not to awaken love too early?

Try this: Talk with your mom or dad about crushes and dating. Ask them what they think the "right time" is, and why.

Dear God, thank You that love is a good gift from You. Help me not to rush it, but to wait for the right time. Keep my heart focused on You, and help me be honest with my parents about my feelings. In Jesus' name, Amen.

Day 15 — Money Wise

"Dishonest wealth will dwindle, but what is earned through hard work will be multiplied."
— Proverbs 13:11 (BSB)

Maybe you get an allowance. Maybe you earn money doing chores, babysitting, pet sitting or running a lemonade stand. Maybe you get money for birthdays. As you grow up, you'll have more and more money to make choices about.

What do you do with it? Spend it right away? Save it? Give some away?

Proverbs gives a simple principle: "Dishonest wealth will dwindle, but **what is earned through hard work will be multiplied**."

Money that comes through cheating or shortcuts doesn't last. But money earned honestly, through hard work, and handled wisely, tends to grow.

Here are some money-wise habits you can start now:

Give first. The Bible says God loves a cheerful giver. Many Christians give part of their money to God first, to their church or to help people in need.

Save some. Put some money aside for later, instead of spending it all right away. Saving helps you get something bigger that you really want, and teaches you patience.

Spend wisely. Before you buy something, ask: *Do I really need this? Will I still want it next week? Is it worth the money?*

Don't compare. It's easy to want what other girls have. But contentment is worth more than stuff.

Work hard. Proverbs says honest hard work multiplies. Do your chores and jobs well.

Be honest. Never take money that isn't yours.

Many families use three jars or envelopes: **Give, Save and Spend.** When you get money, you divide it between the three. It's a simple way to build wise habits.

Money isn't good or bad by itself. It's a tool. And how you handle a little bit now is practice for handling more later.

Think about it: What do you usually do with money when you get it? What's one money-wise habit you could start?

Try this: Set up three jars or envelopes: Give, Save and Spend. The next time you get money, divide it between them.

Dear God, everything I have comes from You. Help me be wise with money: to give generously, save wisely and spend carefully. Help me work hard and be honest. In Jesus' name, Amen.

Day 16 — Plans in God's Hands

"Commit your works to the LORD and your plans will be achieved."
— Proverbs 16:3 (BSB)

Do you like making plans? Some girls love planning everything: what they'll wear, what they'll do this weekend, what they'll be when they grow up. Other girls like to go with the flow.

As you grow up, you'll have more to manage: homework, activities, friendships, chores, maybe a job. It's easy to get overwhelmed. And it's easy to waste time without meaning to.

Proverbs gives great advice for planning: "**Commit your works to the LORD** and your plans will be achieved."

To *commit* something to the Lord means to hand it over to Him, to trust Him with it and ask for His help. Before you make plans, and while you carry them out, you invite God in.

Here are some ways to be wise with your time:

- **Start your day with God.** Even a few minutes of prayer and Bible reading sets your day on the right track.
- **Make a simple plan.** Write down what you need to do today. A to-do list can really help!
- **Do the important things first.** Homework before screens, chores before play.

- **Don't overload yourself.** It's okay to say no to some activities. You need rest too.
- **Watch out for time-wasters.** Screens can eat up hours without you noticing.
- **Leave room for people.** Some of the best moments aren't planned, like a long talk with your mom or helping a friend.
- **Be flexible.** Sometimes plans change. Trust that God is still in control.

Committing your plans to God doesn't mean He'll give you everything you want. It means He'll guide you, and your plans will line up more and more with His. The best plans are the ones God is part of.

Think about it: Do you usually invite God into your plans? What would it look like to "commit your works" to Him?

Try this: Tomorrow morning, write a short to-do list. Before you start, pray over it: "God, I commit these to You."

Dear God, I commit my plans to You. Help me use my time wisely, do the important things first and leave room for rest and people. Guide my plans so they line up with Yours. In Jesus' name, Amen.

Day 17 — Don't Believe Everything

"The simple man believes every word, but the prudent man watches his steps."
— Proverbs 14:15 (BSB)

The internet is full of information. Some of it is true, helpful and good. But a lot of it isn't. There are fake pictures, false stories, edited videos, scams and people pretending to be someone they're not.

Proverbs describes two kinds of people. The "**simple**" person "believes every word." She sees something online and believes it right away. She trusts anyone who's nice to her. She doesn't stop to think.

But the "**prudent**" person "watches her steps." *Prudent* means careful and wise. She thinks before she believes something. She's careful about who she trusts. She pays attention.

As you grow up and spend more time online, being prudent becomes really important:

Don't believe everything you see. Pictures and videos are often edited. People online show only their best moments. Not everything that claims to be true is true.

Be careful who you trust. People online aren't always who they say they are. Someone who says they're a girl your age might not be.

Protect your personal information. Never share your full name, address, school, phone number, passwords or pictures with people you don't know.

Never meet someone in person that you only know online.

Watch out for flattery. If someone online is super nice, gives you lots of compliments, wants to talk to you privately or asks you to keep your friendship secret, that's a warning sign.

Tell a trusted adult right away if anyone online asks you for pictures, asks you to keep secrets, makes you uncomfortable, or pressures you in any way. You won't be in trouble.

Think before you post. Once something is online, it can be very hard to take back.

Being prudent doesn't mean being afraid. It means being wise. God wants His daughters to be smart and careful, so they can enjoy good things and stay safe.

Think about it: Have you ever believed something online that turned out not to be true? What happened?

Try this: Sit down with your mom or dad and make a family plan for staying safe online. Agree on what to do if something ever feels wrong.

Dear God, help me be prudent, not simple. Help me not to believe everything I see online, and help me be careful about who I trust. Keep me safe, and help me always tell a grown-up if something doesn't feel right. In Jesus' name, Amen.

Day 18 — Clean Hands, Pure Heart

"Who may ascend the hill of the LORD? Who may stand in His holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear deceitfully."
— Psalm 24:3–4 (BSB)

David asked a big question: "Who may ascend the hill of the LORD? Who may stand in His holy place?" In other words, *Who gets to come close to God?*

And he answered: "He who has **clean hands and a pure heart**."

Clean hands means doing what's right on the outside, in your actions. Not stealing, cheating, hurting others or doing things you know are wrong.

A **pure heart** means being right on the inside, in your thoughts, your motives and what you love. A pure heart is honest and sincere. It isn't full of jealousy, bitterness or things that pull you away from God.

Purity is a word you might hear more as you grow up. It means being clean and undivided: loving God with your whole heart, and keeping your mind, your words, your eyes and your body in a way that honors Him.

For a girl your age, purity might look like:

- **Choosing what you watch and listen to** carefully.
- **Keeping your words clean,** not using bad language or cruel jokes.
- **Respecting your body** and treating it as a gift from God.
- **Not rushing into romance,** like we talked about on Day 14.
- **Being honest,** even when no one would know.

- **Loving God more than anything else,** not letting anything else become an "idol."

Here's the good news: none of us has perfectly clean hands or a perfectly pure heart. We all mess up. But Jesus came to make us clean. When we confess our sins, He forgives us and washes us. And His Spirit helps us grow in purity day by day.

Purity isn't about following a list of rules to prove you're good. It's about staying close to God, because He's the best thing there is.

A true story: In Book 1, you met Gladys Aylward, the maid who wasn't "enough" for the mission society. Here's a part of her story you might not know. After the mission society turned her down, Gladys went to work as a maid in a big house. On her first night there, alone in her little room, she laid her Bible and her few coins on the bed, and she told God that all of it, and all of her, was His to use. She didn't hold anything back. That undivided heart carried her all the way to China, on the cheapest, longest train ride across Europe and Asia she could find. You can read her whole story in *Brave for God*.

Think about it: What's one area where you'd like to have "cleaner hands" or a "purer heart"?

Try this: Ask God to show you one thing in your life that pulls your heart away from Him. Then choose one step to put Him first again.

Dear God, I want to come close to You. Give me clean hands and a pure heart. Forgive me for the ways I've fallen short, and wash me clean. Help me love You more than anything else. In Jesus' name, Amen.

Day 19 — Made for a Purpose

"Before I formed you in the womb I knew you, and before you were born I set you apart and appointed you as a prophet to the nations."
— Jeremiah 1:5 (BSB)

"What do you want to be when you grow up?" Grown-ups love to ask that question. Maybe you have an answer ready: a teacher, a vet, a doctor, an artist, an engineer, a mom. Maybe you have no idea yet. Both are okay!

God spoke today's words to a young man named Jeremiah. Jeremiah was probably a teenager when God called him to be a prophet. And look at what God said: "**Before I formed you in the womb I knew you**, and before you were born I set you apart and appointed you."

Before Jeremiah was even born, God knew him and had a purpose for his life.

Jeremiah's first reaction was to protest that he was only a child and didn't know how to speak (Jeremiah 1:6). But God told him not to say that. God would go with him, and give him the words to say.

God's special calling for Jeremiah was to be a prophet. Your calling will probably be different! But the same truth applies to you: **God knew you before you were born, and He made you for a purpose.**

What is that purpose? For every Christian, the biggest part of our calling is the same: to love God, to love people, to become more like Jesus and to tell others about Him. That's the calling for everyone.

But God also gives each of us a particular way to live out that calling: through our personalities, our gifts, our passions and the opportunities He puts in front of us. Some are called to be doctors or teachers or scientists or artists. Some are called to raise families. Some are called to serve in other countries. Most people have many callings over their lives.

You don't have to figure it all out right now. God reveals His plans a step at a time. For now, your calling is to love God, grow in Him, and do today's work well.

This week, we'll explore how to discover your gifts and dream with God about your future.

Think about it: How does it feel to know that God knew you before you were born and made you for a purpose?

Try this: Ask your parents, "What did you notice about me when I was little that might show what God made me for?"

Dear God, thank You that You knew me before I was born and made me for a purpose. Help me love You, love people and grow like Jesus. And show me, step by step, the special ways You want me to serve You. In Jesus' name, Amen.

Day 20 — Different Gifts

"We have different gifts according to the grace given us."
— Romans 12:6 (BSB)

What are you good at? What do you love to do? What do people often tell you you're good at?

Maybe you're a great artist. Maybe you're really good at math. Maybe you're a natural leader, or the friend everybody comes to when they're sad. Maybe you're great with little kids, or animals, or music, or sports, or making people laugh.

Paul says, "We have **different gifts** according to the grace given us."

Every Christian has gifts from God. And they're different! God didn't make everyone the same. Some people are good at teaching, some at encouraging, some at organizing, some at serving behind the scenes, some at giving, and some at leading. Some have creative gifts, some have practical gifts, and some have gifts for caring for people.

Notice the word *grace*. Your gifts are **grace**. You didn't earn them. God gave them to you as a free gift. So they're not something to brag about. They're something to thank God for, and to use for Him.

How can you discover your gifts?

- **Notice what you love.** What makes you feel excited and alive?
- **Notice what you're good at.** What comes naturally to you?

- **Listen to others.** What do people often thank you for, or compliment you on?
- **Try new things.** You won't know you're good at something until you try it! Volunteer, join a club, take a class or help at church.
- **Pay attention to what breaks your heart.** Sometimes God's calling starts with caring deeply about a need.
- **Pray.** Ask God to show you your gifts.

And remember: don't compare your gifts to other girls' gifts. Hers aren't better than yours, and yours aren't better than hers. God gave each of you exactly what you need for what He's calling you to do.

Think about it: What do you think your gifts might be? What do others say you're good at?

Try this: Make a list in your journal of things you love to do and things you're good at. Ask a parent or friend to add to it.

Dear God, thank You for the gifts You've given me. Help me discover them, thank You for them and use them to serve You and others. Help me not to compare my gifts to anyone else's. In Jesus' name, Amen.

Day 21 — Dream with God

"Delight yourself in the LORD, and He will give you the desires of your heart."
— Psalm 37:4 (BSB)

What are your dreams? Not the ones you have when you're asleep, but the ones you have when you're awake. The things you hope for. The things you imagine doing someday.

Maybe you dream of traveling the world. Maybe you dream of writing a book, starting a business, becoming a doctor or having a family. Maybe you dream of making a difference for kids in need, or for animals, or for the environment.

God cares about your dreams. Look at today's verse: "Delight yourself in the LORD, and **He will give you the desires of your heart**."

At first, that might sound like a promise that God will give you anything you want. But look closely. It starts with: "**Delight yourself in the LORD**." To *delight* in God means to love Him, enjoy Him, and make Him your greatest joy.

When you delight in God, something beautiful happens: your desires start to change. The more you love Him, the more you want what He wants. Your dreams start to line up with His dreams. And then He loves to give you those desires.

So how do you dream with God?

- **Delight in Him first.** Make knowing Him your biggest dream.
- **Tell Him your dreams.** He loves to hear them.
- **Hold them with open hands.** Be willing to let God change or redirect your dreams.
- **Take small steps.** If you dream of being a writer, start writing now! If you dream of helping people, find ways to help today.
- **Ask Him for His dreams for you.** They're often even bigger and better than yours.

Remember what Paul wrote: God "is able to do immeasurably more than all we ask or imagine" (Ephesians 3:20). God's dreams for you might be bigger than anything you've thought of!

Think about it: What's a dream you have for your future? How could you invite God into it?

Try this: Write down three dreams you have. Pray over each one, and ask God to guide you.

Dear God, I want to delight in You more than anything. Thank You that You care about my dreams. Shape my desires to match Yours, and help me dream with You. I trust You with my future. In Jesus' name, Amen.

Day 22 — Sons and Daughters

"And afterward, I will pour out My Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions."
— Joel 2:28 (BSB)

Long ago, God made a promise through the prophet Joel: one day, He would pour out His Spirit "on **all people**." Not just on priests or kings or special leaders. On everyone who belongs to Him. "Your **sons and daughters** will prophesy."

Hundreds of years later, that promise came true! On the day of Pentecost, after Jesus had gone back to heaven, the Holy Spirit came down on His followers, men and women together. And Peter stood up and said, *This is what Joel was talking about!* (Acts 2:16–18).

Did you catch it? "Your sons **and daughters**." God's Spirit isn't only for boys or only for grown-ups. He is poured out on His daughters too. On *you*.

That means God has a part for you to play in His story. You have the Holy Spirit living in you, giving you gifts, guiding you, and empowering you to serve Him. You're not on the sidelines. You're on the team.

Throughout history, God has used girls and women in amazing ways. You've met many of them in these books: Miriam, Deborah, Esther, Ruth, Abigail, Mary, Mary Magdalene, Priscilla and Lydia. And women from history like Amy Carmichael, Gladys Aylward, Corrie ten Boom, Mary

Slessor, Ida Scudder and Helen Roseveare. God used every one of them to do His work in the world.

And He wants to use you too, starting now.

That might look like:

- Telling a friend about Jesus.
- Praying for people.
- Encouraging someone who's discouraged.
- Using your gifts to serve at church.
- Caring for people in need.
- Speaking up for what's right.

You don't have to wait until you're grown up. God's Spirit is poured out on His daughters now.

Think about it: How does it feel to know that God pours out His Spirit on His daughters? What part might He want you to play?

Try this: Read about Pentecost in Acts 2:1–18. Then ask God, "How do You want to use me?"

Dear God, thank You for pouring out Your Spirit on Your sons and daughters. Thank You that the Holy Spirit lives in me. Show me the part You want me to play in Your story, and give me courage to do it. In Jesus' name, Amen.

Day 23 — Small Beginnings

"For who has despised the day of small things?"
— Zechariah 4:10 (BSB)

When God's people came home to Jerusalem after many years in exile, they started rebuilding the temple. But it was small and simple compared to the glorious temple Solomon had built long before. Some of the older people who remembered the first temple actually cried, because the new one seemed so small.

But God sent a message through the prophet Zechariah: "**Who has despised the day of small things?**" In other words, *Don't look down on small beginnings! I can do great things with them.*

Almost everything great starts small. A mighty oak tree starts as a tiny acorn. A famous author starts by writing short stories as a kid. A great doctor starts by learning to put on a bandage. Most people who changed the world started by doing small things faithfully for a long time.

You might feel like what you're doing now is small. You're a kid. You go to school, do chores, help out at church and hang out with friends. It might not feel like you're doing anything important for God.

But **small things matter to God.**

- Being kind to one lonely girl is a small thing. But it might change her life.

- Practicing piano every day is a small thing. But it might become a gift you use for God for years.
- Reading one chapter of the Bible is a small thing. But day after day, it grows deep roots.
- Saving a few coins is a small thing. But, like Gladys Aylward, it might one day take you somewhere amazing.

Don't wait for some big, dramatic calling. Start where you are, with what you have, doing the small things faithfully. God sees them. And He loves to grow small beginnings into something great.

Think about it: What's a "small thing" in your life that you might be tempted to despise? How could God use it?

Try this: Choose one small thing you can do faithfully every day this week, like practicing a skill, reading your Bible or being kind to someone. Do it every day.

Dear God, help me not to despise small beginnings. Thank You that You see the small things I do, and that You can grow them into something great. Help me be faithful in little things. In Jesus' name, Amen.

Day 24 — Here Am I

"Then I heard the voice of the Lord saying: 'Whom shall I send? Who will go for Us?' And I said: 'Here am I. Send me!'"
— Isaiah 6:8 (BSB)

Isaiah had an amazing vision. He saw God seated on a high throne, with angels calling out, "Holy, holy, holy!" Isaiah was overwhelmed. He realized how sinful he was compared to God's holiness. But then God cleansed him and took his guilt away.

And then Isaiah heard God ask a question: "**Whom shall I send? Who will go for Us?**"

Isaiah didn't know exactly what the job would be. He didn't ask for details first. He just answered: "**Here am I. Send me!**"

That's what it means to answer God's call. Not having everything figured out, but being willing. Saying, *God, whatever You want, wherever You want, I'm available.*

You might not know yet what God is calling you to do with your life. That's okay. You don't have to know the whole plan to say "Here am I." You just have to be willing.

And being willing starts now, in small ways:

- When your mom asks for help, and you say, "Here I am!"
- When a friend needs someone to listen, and you show up.
- When your church needs volunteers, and you raise your hand.

- When God puts someone on your heart to pray for or encourage, and you do it.

Every time you say yes to God in small things, you're getting ready to say yes to bigger things.

This week, you've learned that God made you for a purpose, gave you different gifts, wants to dream with you, pours out His Spirit on His daughters, and loves small beginnings. Now the question is: will you say, "Here am I. Send me"?

A true story: Lottie Moon was tiny, barely four and a half feet tall. But she had a big heart and a sharp mind. She was one of the first women in the American South to earn a master's degree, and she could have done almost anything. When God called, she said yes, and went to China. At first, the Chinese children were shy of her and ran away. So Lottie baked cookies and offered them to the children. Soon they came running, and their mothers came too, and Lottie told them all how much God loved them. She stayed in China for almost forty years and loved the people like her own family. When famine came, she gave away her food and money to her hungry neighbors. To this day, Christians remember her every Christmas. You can read her whole story in *Brave for God*.

Think about it: What would it mean for you to say to God, "Here am I. Send me"?

Try this: Pray Isaiah's prayer today: "Here am I, Lord. Send me." Then watch for a chance to say yes to God.

Dear God, here am I. Send me. I don't know everything You have planned for my life, but I want to be willing. Help me say yes to You in small things now, and in big things later. In Jesus' name, Amen.

Day 25 — Naomi's Advice

"One day Ruth's mother-in-law Naomi said to her, 'My daughter, should I not seek a resting place for you, that it may be well with you?'... 'I will do everything you say,' Ruth answered."
— Ruth 3:1, 5 (BSB)

In Book 1, you learned about Ruth's amazing loyalty to her mother-in-law, Naomi. Ruth left her home country to go to Bethlehem with Naomi, promising, "Wherever you go, I will go."

But the story doesn't end there. In Bethlehem, the relationship between Ruth and Naomi grew into something beautiful. Naomi was older and wiser. She knew the customs of her people. She knew how things worked in Bethlehem. And she began to guide and advise Ruth.

Naomi cared about Ruth's future. She called her "**My daughter**" and said, "Should I not seek a resting place for you, that it may be well with you?" She wanted good things for Ruth, and she gave her wise advice about what to do.

And Ruth, even though she was brave and strong, was humble enough to listen. "**I will do everything you say.**"

Because Ruth listened to Naomi's wise advice, God blessed her in amazing ways. She married a kind man named Boaz, had a son, and became the great-grandmother of King David, part of the family line of Jesus.

Naomi was Ruth's **mentor**. A mentor is an older, wiser person who helps a younger person grow. She gives advice, shares what she's learned,

prays for you and believes in you.

Every girl needs mentors. Maybe your mom is one. Maybe a grandma, an aunt, a teacher, a youth leader or a woman at church. These women have walked the road ahead of you. They've faced the same questions, feelings and choices you're facing now. They can help you.

But notice: a mentor can only help you if you're willing to listen, like Ruth.

Here are some ways to learn from older women:

- **Ask questions.** "What was it like for you at my age?" "What would you do in my situation?"
- **Listen,** even when the advice isn't what you want to hear.
- **Spend time together.** Help her with something, have lunch or go for a walk.
- **Thank her** for caring about you.

Think about it: Who is a "Naomi" in your life, an older woman who cares about you and gives you good advice?

Try this: Spend time this week with an older woman who loves God. Ask her one question about growing up or following Jesus.

Dear God, thank You for the older women You've put in my life. Help me be humble like Ruth, willing to listen and learn from them. Give me a Naomi who will help me grow. In Jesus' name, Amen.

Day 26 — Three Months with Elizabeth

"Mary stayed with Elizabeth for about three months and then returned home."
— Luke 1:56 (BSB)

When the angel Gabriel told Mary she would be the mother of Jesus, her whole life was turned upside down. She was young, probably a teenager. She was facing something no one had ever faced before. And some people might not understand or believe her.

So where did Mary go? She hurried to see her older relative, **Elizabeth**.

In Book 1, you learned how Elizabeth celebrated Mary instead of competing with her. But today's verse tells us something else: "Mary **stayed** with Elizabeth for about **three months**."

Three whole months! That's a long visit. What do you think they did during that time?

Elizabeth was older, and she was also going to have a baby, a miracle baby, John the Baptist. She understood what it was like to have God do something surprising in her life. She knew Mary's situation better than almost anyone.

So for three months, Mary lived with someone who understood. They probably talked for hours. They prayed together. Elizabeth probably gave Mary advice about being pregnant and becoming a mother. And Mary had a safe place to be while she got ready for the huge job God had given her.

Sometimes the best thing for a young woman going through big changes is time with an older woman who's been there.

As you grow up, you'll face lots of changes: in your body, your feelings, your friendships and your faith. It helps so much to have an "Elizabeth," someone older who understands, who you can spend time with, ask questions and learn from.

That's why Week 2 kept encouraging you to talk to your mom or a woman you trust. They've been where you are. They can help you through it.

And here's something beautiful: one day, you'll be the Elizabeth for a younger girl. The things you're going through now will help you understand and help someone else.

Think about it: Who is an "Elizabeth" in your life, an older woman who understands you and who you can go to?

Try this: Plan some special time with an older woman you trust: a lunch, a walk, baking together or a sleepover at grandma's. Use the time to really talk.

Dear God, thank You for Elizabeth, who gave Mary a safe place and a listening ear. Thank You for the women in my life who understand me. Help me spend time with them and learn from them. And someday, help me be an Elizabeth for someone else. In Jesus' name, Amen.

Day 27 — Be a Big Sister

"Therefore encourage and build one another up, just as you are already doing."
— 1 Thessalonians 5:11 (BSB)

The last two days, we talked about learning from older women. Today, let's flip it around: you can be a mentor too!

Maybe you don't feel old enough to help anyone. But think about it: there are girls younger than you who look up to you. Little sisters, cousins, girls at church, neighbors, girls in younger grades at school. To a six-year-old, a ten-year-old seems really grown up!

Paul says, "**Encourage and build one another up.**" That's something you can do right now, for the younger girls around you.

What does it look like to be a "big sister" to younger girls?

- **Be kind to them.** Don't brush them off or think they're annoying.
- **Play with them,** even if their games seem a little babyish.
- **Encourage them.** Tell them what they're good at. Cheer them on.
- **Be a good example.** They're watching how you act, talk and treat people.
- **Help them.** Help with homework, show them how to do something or answer their questions.
- **Point them to Jesus.** Read them Bible stories, pray with them or tell them what God has done for you.

Remember all the things you've learned in these books? You could share them! When a younger girl feels ugly, you can tell her she's fearfully and wonderfully made. When she's being left out, you can include her. When she's scared, you can remind her that God is with her.

Being a big sister isn't only for girls with actual little sisters. Every girl can be one.

And here's a secret: when you help someone younger, you grow too. Teaching others helps you remember what you've learned. Encouraging others makes you more encouraging. And being a good example makes you want to live well.

Paul adds, "**just as you are already doing**." Maybe you're already a good big sister to someone! Keep it up.

Think about it: Who is a younger girl who looks up to you? How could you encourage her?

Try this: Do something special for a younger girl this week. Play with her, encourage her or tell her about something you learned about God.

Dear God, help me be a good big sister to the younger girls around me. Help me encourage them, build them up, set a good example and point them to You. Thank You for the chance to help someone else grow. In Jesus' name, Amen.

Day 28 — Anna Never Stopped

"There was also a prophetess named Anna... She had been married for seven years, and then was a widow to the age of eighty-four. She never left the temple, but worshiped night and day, fasting and praying. Coming forward at that moment, she gave thanks to God and spoke about the Child to all who were waiting for the redemption of Jerusalem."
— Luke 2:36–38 (BSB)

When Mary and Joseph brought baby Jesus to the temple, an old woman named **Anna** was there.

Anna had had a hard life. She had been married for only seven years when her husband died. Then she lived as a widow for many, many years. By this time, she was at least eighty-four years old.

Anna could have become bitter. She could have given up. But instead, she spent her life drawing close to God. "She never left the temple, but **worshiped night and day**, fasting and praying."

For decades, Anna faithfully prayed and worshiped. She waited for God to send the Savior He had promised. Year after year, she kept going. She never stopped.

And then one day, God rewarded her faithfulness. She saw the baby Jesus! Anna knew right away who He was. She "gave thanks to God and **spoke about the Child** to all who were waiting."

Even at eighty-four, Anna was still serving God. She was still praying. She was still telling people about Jesus. She finished well.

That's the kind of woman God wants you to become: a woman who keeps following Him her whole life. Not just for a few exciting years, but always, through hard times and good times, all the way to old age.

It's easy to start well. Lots of people are excited about God when they're young. But the women who really make a difference are the ones who keep going, day after day, year after year, like Anna.

How do you become a woman like Anna? By building habits now. The girl who prays and reads her Bible a little every day becomes the woman who walks with God for a lifetime. Every day you choose to follow Jesus is a step toward finishing well.

Think about it: Who is an older woman you know who has followed God her whole life? What can you learn from her?

Try this: Ask an older Christian woman, "What has helped you keep following God for so long?" Write down her answer.

Dear God, thank You for Anna, who never stopped worshiping and praying. Help me follow You my whole life, through good times and hard times. Help me build habits now that will help me finish well. In Jesus' name, Amen.

Day 29 — Still Bearing Fruit

"In old age they will still bear fruit; healthy and green they will remain."
— Psalm 92:14 (BSB)

Have you ever seen a really old tree? Some trees live for hundreds of years. And the healthiest old trees still grow leaves every spring and still bear fruit, even when they're ancient.

Psalm 92 says people who love God are like that. "**In old age they will still bear fruit**; healthy and green they will remain."

Our world often acts like being young and pretty is the best thing a woman can be. Ads, movies and social media are full of young faces. Older women are sometimes ignored or treated as less important.

But God sees it differently. In His eyes, a woman who has walked with Him for many years is like a beautiful, fruitful old tree. She has deep roots. She's been through storms and still stands. And she keeps bearing fruit: wisdom, kindness, faith and love, that blesses everyone around her.

Remember what we learned about beauty in Book 1? "Charm is deceptive and beauty is fleeting, but a woman who fears the LORD is to be praised." Outer beauty fades as we get older. But a woman who loves God grows more beautiful on the inside every year.

Think about the older women you know who love Jesus: grandmothers, great-aunts, women at church. What makes them beautiful?

Often it's their kind eyes, their laugh, their wisdom, their prayers and the way they make you feel loved. That's "unfading beauty."

As you grow up, you'll get older. That's part of God's design too! And every stage of life can be good. You're growing up now. One day you'll be a young woman, then a grown woman, and one day, if God gives you a long life, an old woman. At every stage, you can bear fruit for God.

So don't be afraid of growing older. Look forward to it! Every year you walk with God, your roots grow deeper and your fruit grows sweeter.

Think about it: Who is the most beautiful older woman you know? What makes her beautiful?

Try this: Write a thank-you note to an older woman who has blessed your life. Tell her what makes her beautiful to you.

Dear God, thank You that people who love You keep bearing fruit their whole lives. Help me not to be afraid of growing up or growing older. Help me grow more beautiful on the inside every year, and bear fruit for You my whole life. In Jesus' name, Amen.

Day 30 — Renewed Day by Day

"Therefore we do not lose heart. Though our outer self is wasting away, yet our inner self is being renewed day by day."
— 2 Corinthians 4:16 (BSB)

Here we are at the last day of this book, and the last day of the *Daughters of the King* series so far!

Paul wrote today's verse after years of hard work, hardship and even beatings for following Jesus. His body was getting older and weaker. But he said: "**We do not lose heart.** Though our outer self is wasting away, yet our **inner self is being renewed day by day**."

Our bodies grow up, and then someday they grow old. That's part of life in this world. But the real you, your heart, your soul, the "inner self," can keep growing stronger, brighter and more beautiful every single day, because God is renewing you.

That's what these three books have been about.

In **Book 1**, you learned **who you are**: a daughter of the King, called by name, made on purpose, loved and delighted in. You learned to escape the comparison trap, to be a loyal friend and to follow the brave women of the Bible.

In **Book 2**, you learned to be **brave**: to face worry with God, to use your voice, to serve, to lead and to follow Jesus like the women who stayed with Him to the cross and the empty tomb.

And in **Book 3**, you learned about **growing up**: handling big feelings, understanding your changing body as God's good design, making wise choices, discovering your calling, learning from older women, helping younger girls and finishing well.

Through it all, one truth stays the same: **you are a daughter of the King.** Your body will change. Your feelings will go up and down. Your friendships will come and go. Your dreams might shift. But your Father never changes, and His love for you never fades.

A true story: You met Mary Slessor in Book 1: the red-haired girl from the mill who rescued twin babies in Africa. Here's how it all started. When Mary was a young girl working long hours in the mill, someone gave her stories about David Livingstone, a missionary who had traveled across Africa. Mary read them until she could almost see the rivers and forests. Those stories helped shape her dreams, and one day she went to Africa too. Someone else's faithful life inspired a young girl to follow God. And then Mary spent her whole long life serving, and inspiring others. You can read her whole story, and David Livingstone's, in *Brave for God*.

Think about it: Looking back over all three books, what's the most important thing you've learned about being a daughter of the King?

Try this: Write a letter to your future self, maybe to open when you're 18. Tell her who she is in God's eyes, and what you hope she'll remember.

Dear God, thank You for making me Your daughter. As I grow up, keep renewing my heart day by day. Help me never lose heart. Help me grow in wisdom, courage and love, and follow You my whole life, all the way home. In Jesus' name, Amen.

Conclusion: A Daughter Growing Up

You did it! Ninety days, if you've read all three books. That's three whole months of spending time with God, learning who you are and discovering how to live as His daughter.

Take a moment to think about how much you've grown, not just taller, but on the inside.

This book was about **growing up**. You learned that big feelings are part of how God made you, and how to handle anger, sadness, embarrassment and moody days. You learned that your changing body is God's good design, and what to expect as you grow into a young woman. You learned to make wise choices about crushes, money, time and being online, and to keep a pure heart. You discovered that God made you for a purpose, gave you gifts and wants to dream with you. And you learned how to learn from older women, how to help younger girls, and how to keep bearing fruit your whole life.

Growing up isn't always easy. But you don't have to do it alone. God is with you every step. And He's given you women, like your mom, your grandmothers and the women at church, to walk beside you.

Please keep talking to them. Keep asking questions. There's no question too silly or too embarrassing. They want to help you grow into the woman God made you to be.

If you haven't trusted Jesus yet

The most important step in growing up is trusting Jesus. He died on the cross for your sins and rose again, so that you could be forgiven and become a daughter of the King 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 as I grow up. 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

Keep growing! Here are some ideas:

- **Read a book of the Bible,** like the Gospel of Luke (which tells about many of the women you've met) or the book of Proverbs.
- **Read the *Brave for God* books** to learn more about the women (and men!) you've met.
- **Read *Rooted*,** our 180-day series for all young readers, if you haven't yet.
- **Keep a prayer journal.**
- **Find a mentor,** and **be a big sister.**

You are a daughter of the King. Wherever life takes you, remember whose you are.

"Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be

the glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen."
— Ephesians 3:20–21 (BSB)

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