



# Teen Girl Daybook

## June

monday

tuesday

wednesday

thursday

friday

	Think of a time when you 1 felt insignificant. Journal about why you felt that way and how God would view you differently in that situation.  Luke 12:6-7	On 10 strips of paper, 2 write a word or phrase describing you. Remove strips one at a time. Think about how different you'd be without those traits.  1 Peter 3:3-4	Go for a jog — 3 challenge yourself to run steadier and stronger than you ever have before. Think about how dependent you are on God  2 Corinthians 3:5	Make a list of 10 things 4 you're good at. How do you think God can use those things for His glory this next year?  2 Corinthians 10:5
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### self-esteem

Think about the events 7 that have lead you to today. Make a list of goals for yourself for the next year.  Psalm 139:13-16	Go for a walk — 8 pray for 3 of your friends who do not yet know God and the awesome plans He has for them  1 Timothy 2:1-5	Suggested reading — 9 <i>A Purpose Driven Life</i> , by Rick Warren  Psalm 139:3-6	Take a quiz to learn 10 more about what your spiritual giftings might be: <a href="http://bit.ly/93W9zc">http://bit.ly/93W9zc</a>  Romans 12:6-8	The church is made 11 up of different parts — is there a part of your church that is weak? Pray about a new volunteer role.  1 Corinthians 12:12-26
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### your purpose

Think about your 14 behavior and decisions the past few weeks — does it pattern the world or does it pattern God?  Romans 12:1-2	What does it mean to 15 be "holy?" Look up the dictionary definition as well as a few verse from the concordance in your Bible to learn more.  Leviticus 19:2	Celebrate the purity 16 we have from our filthy sins through Jesus by eating a bowl of vanilla ice cream. Hey...it's white...white symbolizes purity :)  Mark 7:20-23	Make a list of the ways 17 you can be "in the world but not of it." What does that look like in your life?  Titus 2:12	Suggested reading — 18 <i>PB&amp;J: Hotness</i> , by Haley DiMarco  1 Corinthians 6:18-20
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### pure heart

Not getting your way 21 is rough — think of a time you got mad when you didn't get your way. How could you have responded differently?  Genesis 4:6-7	God blesses those 22 who have the right attitude in all kinds of situations — encourage someone you see remaining positive in a difficult situation.  Matthew 5:2-12	Memorize the verses 23 listed below — every time you feel like you're about to complain, quote this verse!  Philippians 2:14-15	Boasting is an 24 unattractive quality — when you share exciting news, do you come across as humble but excited or as proud and boastful?  1 Corinthians 4:7	The Lord gives and 25 takes away — how would you respond if the things that are so important to you were taken away?  Ecclesiastes 7:14-15
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### attitude

Practice humility by 28 asking more questions. We are often to proud to ask questions, but think about how much more you could learn!  1 Peter 5:5-6	Go to coffee with a 29 friend — talk about what you've learned as God walked with you through hard times and you were humbled before Him.  Deuteronomy 8:1-3	Think of others before 30 you think of yourself — let someone go ahead of you in line, help carry in the grocery bags, give out more compliments, etc.  Philippians 2:1-3		
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### humility



# Teen Girl Daybook

## july

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			Think of the things God has trusted you with — journal about what the passage below means to you. What would happen if you were dishonest with those things? <b>Luke 16:10</b>	God knows exactly how we feel when we are tempted. Make a list of ways you've been tempted to take a short cut. Temptation is not a sin — giving into it is. <b>Hebrews 4:14-16</b>
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### cheating

Go for a walk and pray for three people you have a hard time loving — pray that God gives you compassion to reach out and love them the way Christ does. <b>Luke 6:27-36</b>	When you find yourself judging someone who, in your eyes, may "deserve what she got," practice compassion by praying for her instead. You're not perfect either. :) <b>Matthew 7:1-5</b>	Cut out newspaper articles and pictures of wars, natural disasters, etc. Keep them in a folder and look through them and pray when you find yourself becoming indifferent. <b>Nehemiah 1:1-4</b>	Make a "Blessings Book." On index cards, write one way you can do each of the things outlined in the Scripture passage below. (See bottom of Web page for related downloadables.) <b>Romans 12:14-16</b>	Because of the bad economy a lot more people are in need — grab a few friends and each of you buy \$10 of groceries to donate to a food pantry. <b>Deuteronomy 15:7-11</b>
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### compassion

Older women of faith have a big responsibility to the younger generation! Buy or make a card thanking a woman in your life that has invested in you. <b>Titus 2:3-5</b>	Spend the week honoring your parents — what does that look like? Obey them, speak highly of them to others, compliment them, help them out, etc. <b>Deuteronomy 5:16</b>	Do you love your sibling enough to lay down your life for him/her? Take a baby step to loving more — go on a "sibling date" to get to know them better. <b>John 15:13</b>	Think of a married Christian couple you look up to — make a list of the characteristics you admire. How do they show God's love to each other? <b>Ephesians 5:25-33</b>	Learn to better respect your parents. Suggested reading — <i>Stupid Parents: Why They Just Don't Understand &amp; How You Can Help</i> , by Hayley DiMarco <b>Colossians 3:20</b>
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### family

Journal: Why could not having self-control keep you from being ineffective and unproductive in our knowledge of God? <b>2 Peter 1:5-8</b>	Make a list of areas you could exercise more self-control in your tongue, your temper, etc. What can you do to improve in those areas? <b>Galatians 5:22-23</b>	Read the passage below. From your knowledge of the story, what were the consequences of Eve's lack of self-control? Immediate and long-term. <b>Genesis 3:1-7</b>	Buy a bag of your favorite candy and make it last an entire week or month. What better way to practice self-control? :) <b>Titus 2:11,12</b>	Why is it important to have self-control in a dating relationship? Have you ever been in a situation where you felt like you were losing control? What did you do? <b>1 Thessalonians 4:3-5</b>
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### self-control

Consider finding a prayer partner so that you can call each other up and pray for the requests in each other's life. <b>Romans 15:30</b>	Journal: What does this verse mean? How does it apply to the struggles you now have in your life? How does it apply to the current events around the world? <b>Ephesians 6:12</b>	Find a photo of yourself taken at the time of a struggle (a death, break-up, new school, etc.). Keep it out as a reminder of God's hope, joy, & strength during trials. <b>James 1:2,3</b>	Journal: Have you had an experience like Job's when it seemed like you lost everything? How did you respond? Would you respond differently next time? Is God to blame? <b>Job 1:1-20</b>	Make a list of the ways you find yourself tempted. Pray over them asking God to give you the strength to find a way out of the temptation. <b>1 Corinthians 10:13</b>
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### struggles



# Teen Girl Daybook

## august

monday

tuesday

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2	3	4	5	6
Make a list of the things you want to change about your current mean girl situation. Pray over the list every day.	Suggested reading: <i>Mean Girls Gone</i> , by Hayley DiMarco.	Journal: In what ways can you sense that God lives in you when it comes to being around other girls?	Have you ever been mean to another girl because you felt one of the emotions in the Scripture passage below? How could you have handled those emotions better?	Go for a walk — think about the ways you could be more like Jesus when dealing with mean girls. Leave sticky notes around your bedroom to serve as a reminder.
Luke 6:27-36	Matthew 5:44, 45	1 John 4:11, 12	Galatians 5:26	1 Peter 2:23

### mean

9	10	11	12	13
Jesus went out of His way to prove His resurrection to Thomas. What are you doubting that you need God's help believing?	Go to coffee with a friend. Talk about what you feel God calling you to do this next school year and have her pray that you would be able to go forward in faith and confidence.	Decorate a small box & write today's Scripture passage on it. On individual slips of paper, write something that you doubt. Give it to God symbolically by putting it in the box.	It's hard to be at peace when you're struggling with doubts. Spend 15 minutes in silence, breathing deeply, and praying that God will fill you with His peace.	What does this verse mean to you?
John 20:24-28	Mark 11:23	Jeremiah 17:7	Philippians 4:7	James 1:6

### doubt

16	17	18	19	20
Go for a jog — push yourself. Think about your spiritual "race" to the finish line of Heaven. What hurdles have you faced along the way?	Write a godly quality on one side of an index card. On the other side, write how that quality affects everything else in your life. Repeat.	Do 25 sit-ups, 10 push-ups, and grab a snack. What does "training in righteousness" mean?	What are the benefits of an older woman training a younger woman? What areas would you want to be mentored in?	Go for a jog — push yourself. Practice memorizing the Scripture passages from this past week.
Hebrews 12:1	1 Timothy 4:8	2 Timothy 3:16	Titus 2:3-5	1 Corinthians 9:25

### training

23	24	25	26	27
What does being lukewarm look like in your life as a Christian? How can you prevent becoming lukewarm?	Grab a bag of potato chips, a pen, & paper. How different would your chips taste without salt? How different would the world be if Christians lost their "saltiness"?	Make a list of the biggest decisions you've made the past few years in order of importance. Did those decisions show that you follow Christ?	Step up! Offer to help the leaders of your school's Bible study. Plan a See-You-At-The-Pole event. Organize a group to go to a Christian concert. Be strong and courageous!	What would be the result if only half of your body went swimming? Biking? Shopping? What would be the result if only your mouth served God but not your heart?
Revelation 3:15, 16	Matthew 5:13	Deuteronomy 30:19	Deuteronomy 31:6	Matthew 15:8

### on fire

30	31			
Make a list of the ways your life is rich — a list of things that are not material objects.	Pray about financially supporting a missionary to help them in their ministry. Monthly contributions, one-time gift, etc.			
Luke 12:15	1 John 3:17			

### materialism



# Teen Girl Daybook

## september

monday

tuesday

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friday

		<p>Do you remember life before you became a Christian? Or remember a time when you weren't living on fire for God? Take a few minutes to thank God for a second chance.</p> <p>2 Corinthians 5:17</p>	<p>What new area or ministry do you think God is calling you to this semester? How can you see this verse fitting in with it?</p> <p>Romans 8:28</p>	<p>Journal —</p> <p>What scares you the most about this new school year? How can you overcome those fears? Quote this verse to yourself when you're scared.</p> <p>Deuteronomy 31:6</p>
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### new beginnings

<p>Look up the dictionary definition of <i>repentance</i> at merriam-webster.com. What is the difference between feeling bad for your sin and repenting?</p> <p>Acts 11:21</p>	<p>Journal —</p> <p>Think of a time when you did something you knew was wrong. Write about the process you went through to accept that you were wrong.</p> <p>2 Corinthians 7:9-11</p>	<p>What will God's response be when we ask for forgiveness and repent? Are there people in your life who have repented from sins against you and are now asking for your forgiveness?</p> <p>Isaiah 55:7</p>	<p>Are you prone to repeating the same sins? Write a letter to God confessing your sin. Ask for help saying no to temptation and commit yourself to God.</p> <p>Revelation 2:4-5</p>	<p>Journal —</p> <p>Re-write the passage below in your own words.</p> <p>Psalm 51:1-17</p>
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### repentance

<p>What could your role be in this Great Commission?</p> <p>Mark 16:15</p>	<p>Sit down and write out your testimony. Think about how your life would be different without God. Think of ways he's provided, healed, encouraged you.</p> <p>1 Peter 3:15</p>	<p>Think about how many religions claim that followers will go to Heaven. How does this verse relate and what does it mean? Do your friends all know the truth?</p> <p>Matthew 7:13,14</p>	<p>Make a chart of some of the world's religions and research how members of each religion can obtain eternal life. Why is it important to tell people about Jesus?</p> <p>John 14:6</p>	<p>A great way to start up a conversation about Jesus is to build relationships with people and talk freely about what God has done for you.</p> <p>John 9:25,26</p>
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### evangelism

<p>Grab a blanket and go lay in the backyard and watch the clouds. Think about how awesome God is. And big. And powerful. And creative. And great.</p> <p>Job 37:14-16</p>	<p>Keep a log of miracles and answered prayers you hear about these next few weeks. Read over them periodically and thank God for His power and love.</p> <p>Acts 2:42,43</p>	<p>Take a walk with a friend and talk about the ways that God has shown himself faithful — provided for you, answered prayers, opened doors, etc.</p> <p>1 Samuel 12:16-19</p>	<p>Can you even imagine listening to Jesus teach back in Bible times? He still wants to speak to you! Take notes during church and read and pray over them throughout the week.</p> <p>Matthew 7:28,29</p>	<p>As you read this chapter, make a list of the specific things listed under each day of creation. Go for a nature walk and collect a few of the "treasures" that God made!</p> <p>Genesis 1</p>
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### awe & wonder

<p>Recommended reading — <i>Idol Girls</i>, by Hayley DiMarco.</p> <p>Exodus 20:3-6</p>	<p>Make a list of objects, people, experiences, etc. that might be considered idols in your life. How can you change that?</p> <p>1 John 2:15-17</p>	<p>Do a 24-hour fast from the item that you would consider to be an idol. Use that time to pray for the new school year and for opportunities to be used by God.</p> <p>Luke 16:13</p>	<p>It's easy to get caught up in the work you're doing for God. Can you see areas where you are worshipping aspects of the ministry/ church instead of God himself?</p> <p>Deuteronomy 4:19</p>	
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### idols



# Teen Girl Daybook

## october

monday

tuesday

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friday

				<p>Memorize this Scripture and let this be a theme verse for you this school year.</p> <p style="text-align: right;">Isaiah 40:31</p>
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### strength

<p>4 Journal — How does this passage relate to your life?  Matthew 7:16-20</p>	<p>5 An apple tree proves it's an apple tree by producing apples. We demonstrate we know Christ by the attitudes and actions we produce. Where are you the weakest?  Galatians 5:22,23</p>	<p>6 Buy a small, indoor potted plant and make it a priority to care for it. Memorize this passage and see how it relates to the plant you are caring for.  John 15:1-5</p>	<p>7 Do you know people whose lives are like the tree in Jesus' parable? They say they're Christians but you never see the evidence of it? How do you "fertilize" your life as a Christian?  Luke 13:6-9</p>	<p>8 Make a list of ways that you produce good fruit. In what areas do you still produce bad fruit? How can you change that?  Matthew 12:33-35</p>
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### fruit

<p>11 Journal — What does this verse mean?  Proverbs 27:6</p>	<p>12 This is a powerful verse. Make a list of ways you can put the needs of your friends before your own.  John 15:13</p>	<p>13 What happens if you don't forgive and forget? Can you think of friendships that have been ruined from unforgiveness?  Proverbs 17:9</p>	<p>14 Make a point this year to choose friends that will challenge you to be a better person and to grow in areas where you are weak.  Proverbs 13:20</p>	<p>15 Celebrate your friends! Get together for dinner, coffee, or a movie night and let your friends know how much you appreciate them.  Ecclesiastes 4:9-10</p>
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### friends

<p>18 Yesterday was Speed the Light Day. Read the testimonials on the NYM website and pray about getting involved: <a href="http://stl.ag.org/testimonials.cfm">http://stl.ag.org/testimonials.cfm</a>  Deuteronomy 16:17</p>	<p>19 The next time the offering bucket is passed to you, take a moment to thank God for His blessings and to use your gift of money for His glory.  2 Corinthians 9:6,7</p>	<p>20 What are some ways you can share with others beyond giving them money? Time? Talents? Conversation?  Hebrews 13:16</p>	<p>21 Write a tithe check as soon as you get paid, signifying that God has the first 10 percent of your earnings. God owns all of your money anyway, right?  Malachi 3:10</p>	<p>22 Let your heart be focused on giving. Settle in and watch a movie that's primary theme is giving.  Matthew 6:19-21</p>
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### giving

<p>Journal — Write about a situation you experienced that illustrates this passage.  James 3:14-17</p>	<p>Let this be the model of love for your relationships. Not just dating relationships, but all relationships. How can jealousy damage relationships?  1 Corinthians 13:4-7</p>	<p>Make a list of stories, movies, or TV shows that depict this verse and why. For starters, add <i>Cinderella</i> and <i>The Prince of Egypt</i> to the list.  Proverbs 14:30</p>	<p>It's easy to look at an unbeliever and be jealous of what they have or have accomplished. How can you keep from being jealous? Keep a note card with your answers as a reminder.  Proverbs 23:17</p>	<p>Look up the definition of covet. Have there been times when you've coveted the things your friends have?  Exodus 20:17</p>
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### jealousy



# Teen Girl Daybook

## november

monday

tuesday

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1	2	3	4	5
Journal — write about the negative things that Jesus endured to bring about the positive things listed in this verse.	God gives us peace at all times and in every way. Identify situations when you are not at peace and ask God to help you trust Him.	When was the last time you noticeably felt God's peace in a situation?	Analyze any anxiety or unrest you might have. Could it be that you aren't living in God's will right now? Or that you're putting your trust in something or someone else?	Put on some comfy clothes, make a hot beverage, and celebrate how comforting this verse is!
Isaiah 53:5	2 Thessalonians 3:16	Isaiah 26:3	Isaiah 32:17	Matthew 11:28-30

### peace

8	9	10	11	12
Look up the dictionary definition of <i>reconciliation</i> . Who in your life can you be reconciled with? What does it mean to be reconciled with God?	Practice what this verse says this week. If you need to, call up a friend or family member and ask for forgiveness so you can enjoy the holidays with him/her.	Journal — what does this passage mean? Why must we forgive others?	Read this passage in several different Bible translations to grasp the meaning. Try an online source like <a href="http://www.biblegateway.com">www.biblegateway.com</a> .	Make a list of people in the Bible who were reconciled to one another.
2 Corinthians 5:18	Ephesians 4:32	2 Corinthians 5:17-19	Colossians 1:19,20	Matthew 5:23-24

### reconciliation

15	16	17	18	19
Make a point this week to openly thank God for His blessings. Tell your friends, post it on Facebook every day, thank God on your locker breaks, journal more, etc.	How often do you pray for the people that have come alongside you in ministry? Your youth leaders, pastors, choir leaders, fellow nursery workers, etc.	Journal — how can you better live out the commands in this passage?	How does this verse say we are to approach God?	Make a list of the greatest gifts God has given you — at the top of the list, put "salvation."
1 Chronicles 16:8	Philippians 1:3-6	1 Thess. 5:16-18	Psalm 100:4	2 Corinthians 9:15

### thanksgiving

22	23	24	25	26
Memorize this verse and quote it as it comes to mind throughout the rest of this week.	Journal — what kind of visuals does this passage give you? Can you think of a metaphor, simile, or other illustration? How can you be overflowing with thanksgiving?	Go to your room, close the door, and put on some praise and worship music. Spend some time worshipping and thanking God with song.	Read this passage during your Thanksgiving meal today.	In what ways has God used your circumstances, attitude, decisions, etc., to show himself to others?
Psalm 136:1	Colossians 2:6,7	Psalm 28:7	1 Chronicles 29:11-13	2 Corinthians 2:14

### thanksgiving

29	30			
The holiday season can be very painful for some people. Keep your eyes open for people you can bless this season. If you feel lonely, call up a friend or trusted adult to chat.	It's so comforting to know that God knows exactly what we are feeling. Make a list of some of the tough things you've been through recently that you know God knows about.			
Psalm 34:17,18	Psalm 139:1,2			

### loneliness



# Teen Girl Daybook

## december

monday

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		1 Look at a map of Israel to see where the cities mentioned in the Christmas story are located — Bethlehem, Nazareth, etc.  Micah 5:2	2 Do some research — what is the meaning of the name <i>Immanuel</i> ? What is the significance of this name being used here?  Isaiah 7:14	3 Make a list of some of the other names for God.  Isaiah 9:6,7
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### the birth of Jesus foretold

6 Has God ever asked you to do something that was life-changing and against what culture says is acceptable?  Luke 1:26-33	7 Journal — what can you learn about Mary's attitude and response to what the angel told her?  Luke 1:34-38	8 Invite a friend over to make Christmas cookies. Talk about a time when obeying God was really difficult but you chose to trust Him.  Matthew 1:18,19	9 God is so good to give us confirmation when He calls us to something. Looking back, what confirmation has He given you for different events in your life?  Matthew 1:20-23	10 Joseph demonstrated humility. He didn't need to be the center of attention, the promise of a reward, or to argue with God. He was humble. Do you act humbly?  Matthew 1:24,25
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### the angel appears to mary and joseph

13 Grab a friend or two and watch the movie <i>A Nativity Story</i> .  Luke 2:1-5	14 Put on some Christmas music and thank God for sending His Son!  Luke 2:6,7	15 Cut apart Christmas cards from past years and make a new card for someone special. Use the words of the angels on it — <i>Glory to God in the highest</i> .  Luke 2:8-14	16 Think of a time when you were looking for something. Can you imagine the joy and excitement the shepherds felt when they found baby Jesus?  Luke 2:15,16	17 Throughout the next few weeks, be more vocal about how amazing God is, how He's changed your life, and what Christmas really means.  Luke 2:17-20
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### Jesus is born

20 Cut out and decorate paper snowflakes. Use gold glitter for one of them to represent the star the magi followed to find Jesus.  Matthew 2:1,2	21 Journal — write about a time when the Lord took you on a journey. How did you feel when it started? What did you learn? How did you feel when it was over?  Matthew 2:3-9	22 Like the magi, what can you offer to God? Volunteer one day a week somewhere? Spend more time reading the Bible and praying?  Matthew 2:10-12	23 Make a list of other instances in the Bible when God spoke to people in their dreams.  Matthew 2:13-16	24 Spend some time in prayer thanking God for sending His Son. Ask that He would use you to do amazing things this next year.  Matthew 2:19-23
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### king herod and the magi

27 Make a list of people in your life that need Jesus. Make an effort to pray each day for their salvation. Tell them you prayed for them.  John 3:16,17	28 Cut out magazine and newspaper photos, articles, and headlines that show how dark our world is. Create a collage and pray for a revival anytime you see it.  John 12:46	29 Write out your testimony as it has unfolded since the day you asked Jesus into your heart. How has God changed your life?  Romans 10:9	30 Journal — what does this verse mean? What are some examples of worldly passions? How can we live self-controlled lives?  Titus 2:11-14	31 When was the last time you felt stressed out, exhausted, and unhappy? How different would your life be without Jesus during those times?  Matthew 11:28-30
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### what does this mean for us?