



Teen Girl Daybook

january

monday

tuesday

wednesday

thursday

friday

3	4	5	6	7
Journal — what does this verse say is our primary goal as Christians? How can we do this?	Be proactive this year — set some goals for yourself to work on in 2011. Write 5 short-term goals and 3 long-term goals.	Take the list of goals you wrote yesterday. Spend some time asking for God's will, His grace, and His help for this next year.	What are some of the goals you can see God helping you achieve? What is significant about this verse in light of that?	Sometimes it can seem impossible to reach our goals. Make a list of action steps to help you achieve each one. Pray this verse.
2 Corinthians 5:8-10	Colossians 3:23	Proverbs 16:3	Philippians 1:6	Philippians 4:13

setting goals

10	11	12	13	14
Reflect on the past year. What events happened that, in hindsight, you recognize were totally orchestrated by God?	When seeking God's will, follow God's revealed will to discover His unrevealed will. Go to church, pray, read the Bible, get godly counsel, etc.	Journal — in thinking about your plans for 2011, how can you plan ahead for some potential stumbling blocks that might come up?	Write a letter to God. Tell Him about your plans for 2011. Seal the envelope and pray over it, giving them all to Him. Keep it in your Bible as a reminder.	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?
Jeremiah 29:11	Proverbs 3:6	Psalms 17:5	Proverbs 19:21	Proverbs 15:22

making plans

17	18	19	20	21
Interview three people, asking them to share their testimony about their commitment to Christ.	Choose a well-known figure (past or present) who demonstrated a commitment to Christ. Read about him/her and make a list of the admirable qualities.	Set goals for yourself and formulate a plan to achieve them with the purpose of growing more in your spiritual walk with God.	Make a point to talk to God throughout your day — while driving to school, on locker breaks, while jogging for gym class, etc.	What are some areas of temptation that would be really easy for you to fall into? How can you "delight in the Lord" every day?
1 Kings 8:61	2 Chronicles 16:9	Colossians 2:6,7	Isaiah 55:6	Psalms 1:1-2

Commitment

24	25	26	27	28
Look up <i>integrity</i> in the dictionary. Apply it to your life. Can you think of people who don't have integrity?	Journal — write about a time when someone showed integrity in a situation. What did it look like? How did you react?	Watch a movie that demonstrates integrity. What happens to the characters at the end? <i>Prince of Egypt, One Night With the King, October Sky, The Blindside, Remember the Titans, Willy Wonka...</i>	On what should we base our attitudes, beliefs, and behaviors?	Make a list of words that come to your mind when you think of the word integrity. How many of them describe you?
Philippians 1:27	Proverbs 22:1	Proverbs 10:9	2 Timothy 3:16	Isaiah 33:15,16

integrity

31				
Make two lists — one of the top 5 ways you spend your time during the day and one of the top 5 ways you should spend your time.				
Ephesians 5:15-17				

time management



Teen Girl Daybook

february

monday tuesday wednesday thursday friday

	<p>1</p> <p>Write the names of three people in the Bible that messed up. What did they do? How did it resolve? God still loved those people even though they messed up. Romans 5:8</p>	<p>2</p> <p>This is powerful love. Make a list of specific things in your life that can't separate you from God's love: mistakes, relationships, possessions, etc. Romans 8:38,39</p>	<p>3</p> <p>Call up a friend and have some ice cream and girl talk about what's troubling you. Pray with each other and give it all to God. 1 Peter 5:7</p>	<p>4</p> <p>Journal — write about a sacrifice you made for someone you love. How does that sacrifice made out of love compare to the sacrifice God made for us? 1 John 4:9-12</p>
God's Love				
<p>7</p> <p>Make two columns on a sheet of paper. Make one list of desirable qualities in your future husband and one list of non-negotiable qualities in a husband. 1 Corinthians 13:4-8</p>	<p>8</p> <p>Think of a married Christian couple you respect. Ask them what marriage means to them, how they met and decided to marry, and what advice they have for teen girls. Mark 10:6-9</p>	<p>9</p> <p>Journal — write about what this passage should look like in day-to-day living. Ephesians 5:33</p>	<p>10</p> <p>Think of three ways you can demonstrate love through your actions and put them into practice. 1 John 3:18</p>	<p>11</p> <p>It's Valentine's weekend. Get together with the girls and watch a romantic comedy. Read the passage below and pray for your future "Jacob." Genesis 29:20</p>
Romantic Love				
<p>14</p> <p>Do you struggle with God's commands? Which one(s)? Why do your actions show that you love God? John 14:15</p>	<p>15</p> <p>What does this verse mean? 1 John 4:8</p>	<p>16</p> <p>Make a list of three people you want to love more. How does loving them more show you love God? 1 John 4:20,21</p>	<p>17</p> <p>Cut out a picture from the newspaper representing loving the world. Tape it to a sheet of paper. Below the photo, write about what loving the world vs. loving God means. 1 John 2:15</p>	<p>18</p> <p>Talk to your parent(s) about what this looks like in their life. How can you better honor God in these areas? Mark 12:30</p>
Love God				
<p>21</p> <p>Think of an "enemy" in your life. Plan 5 ways you can love that person — one for each day of the school week. Act on them! Luke 6:27,28</p>	<p>22</p> <p>Think of a time when you knew someone who claimed to be a Christian but they were mean to other people. How did that ruin their testimony? John 13:35</p>	<p>23</p> <p>Write the names of each person who lives in your house. How can you put their interests above your own? Philippians 2:3,4</p>	<p>24</p> <p>Do you think you've ever unknowingly entertained an angel? Does this verse change the way you will act to strangers in the future? How so? Why should we always show kindness to strangers? Hebrews 13:1,2</p>	<p>25</p> <p>Write the dictionary definition for each of these words. Think about your relationships with those around you — do they reflect this verse? 1 Peter 3:8</p>
Love Others				
<p>28</p> <p>Journal — write about a time you were wronged and you chose to forgive them. Why did you forgive them? Meditate on this verse — write about its significance. Luke 23:34</p>				
Deep Love				



Teen Girl Daybook

march

monday

tuesday

wednesday

thursday

friday

	In light of the Academy Awards on Sunday, what is the significance of this verse? Think about the reputations of some Hollywood celebrities. What should our priority be? Proverbs 22:1	A god is anything you consistently make a priority in your life. Make a list of other gods you have in your life — clothes, tanning, working out, etc. Exodus 20:3	What does this Scripture mean? Think of a celebrity that “gained the whole world” but lost it because of poor choices. Luke 9:25	Keep a log for one week of all purchases you make. Do you have a healthy handle on money or are you on a dangerous path? 1 Timothy 6:10
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fame & fortune

Journal — have you ever known the right thing to do but chose not to do it? What was the outcome? Why is it sin? James 4:17	Write down this Scripture passage. Underline the positive qualities we should exhibit. What do verses 13 & 14 mean? Ephesians 5:8-14	Watch a movie or TV show. How do the characters “conform to the patterns of this world”? Romans 12:2	Write down this Scripture passage. After honest evaluation, highlight the behaviors you struggle with. Spend time praying, confessing sin, and asking for forgiveness. Galatians 5:19-21	Why is confessing our sin often so difficult? What does this verse promise if we confess our sin to God? 1 John 1:9
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sin

Watch the Veggie Tales extra on the “Sumo of the Opera” DVD. Search “St. Patrick’s Day” on History.com. Learn about how Patrick brought the Gospel to Ireland, a country ruled by the Druid religion. Matthew 28:19	Journal — Look at the story of how St. Patrick’s Day came to be. How did God speak to Patrick? Think of other examples of how God spoke to people in the Bible. Job 33:14	Patrick is considered the first Christian missionary to Ireland. Find the names of three missionaries your church supports and commit to pray for them. Luke 10:2	Why would this verse have been important for Patrick when he faced the Druids? 2 Timothy 1:7	How can you bring the light of Jesus Christ to your community like Elijah did to those who worshipped Baal and Patrick did to those who followed the Druids in ancient Ireland? 1 Kings 18:21-39
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st. patrick’s day

New situations can be scary. Sit down with a friend and talk about a time when you felt God’s peace and direction as you entered a new situation. Deuteronomy 31:8	Ever been afraid of being followed, kidnapped, or bullied by someone? Make a list of practical steps you can take to stay safe. How does this Scripture help? Psalms 56:3,4	Clip a few newspaper articles about natural disasters and violent uprisings. What does this passage say God’s role is for us? Psalms 46:1-7	Watch a news broadcast and make tally marks in one column for positive stories and in another for negative stories. What does this Scripture passage say? John 16:33	How amazing that the God that created the world is watching out for you! Make a list of fears you have and pray over them, surrendering them to God. Psalms 145:20
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fear

Jesus’ command to His disciples still applies to us today. Prayerfully consider going on a missions trip this year. Mark 16:15	Take some time to write out what you would say if you were to tell a friend about who Jesus is and why a relationship with Him is important. 2 Corinthians 5:20,21	Make a list of three people who don’t know Jesus yet. Pray for them and ask God to give you opportunities to talk to them about God. Matthew 9:37,38	God has plans for you right now — you don’t have to wait until you’re grown up. Make a list of ways you can tell people in your life about Jesus. 1 Timothy 4:12	
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evangelism



Teen Girl Daybook

april

monday

tuesday

wednesday

thursday

friday

	1	2	3	<p>Draw two columns on a sheet of paper. In one, make a list of bad habits or sins you want to kick. In the other, make a list of good habits you want to develop. Pray that God will help you.</p> <p>John 8:34-36</p>
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Habits

<p>How do you respond to heartache? Do you rely on God? Do you emotionally eat? Do you withdraw from those around you? Make a point to pray first in all situations.</p> <p>Psalm 34:18</p>	<p>Make a list of the things you have mourned. Death of a loved one, your sin, the end of a relationship, etc. How did God comfort you?</p> <p>Matthew 5:4</p>	<p>Journal — write about a time when you were able to comfort someone who was going through what you had already endured. How did your experiences help them?</p> <p>2 Corinthians 1:3,4</p>	<p>Take a minute to imagine our lives in Heaven living with Jesus forever with no sickness, no hurt, no broken relationships, etc.</p> <p>Revelation 21:4</p>	<p>As Christians we don't have to do life alone. Isn't that great?! Spend some time praying about the areas of sorrow or concern you have.</p> <p>Psalm 55:22</p>
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Sorrow

<p>What is this verse trying to say? How do pride and humility fit into this passage? What are the right times for public prayer? And for private?</p> <p>Matthew 6:6,7</p>	<p>Disect this passage. How does this give us a "formula" for how we should pray? Praise, God's will, prayer request(s), forgiveness, further spiritual maturity.</p> <p>Matthew 6:9-13</p>	<p>Think of three people in your life who have been difficult to love. Commit to praying for them for the next week. How is that being more like Jesus?</p> <p>Matthew 5:44</p>	<p>Memorize this verse. Repeat it in your mind as you go through your day. Don't you just love having the freedom to talk directly to God about the things that concern you?</p> <p>Philippians 4:6</p>	<p>Prayer is so important. Make a list of stories from the Bible that might have had a different outcome had the people in them not spent time in prayer.</p> <p>Ephesians 6:18</p>
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Prayer

<p>Jesus willingly came to the city (we call it Palm Sunday) knowing that He would be killed just days later. What does that say about how He loved us?</p> <p>Matthew 21:1-11</p>	<p>Jesus was days away from dying for all humanity and His authority was questioned. How frustrating! Thank Jesus for His compassion and love to a people that were so unworthy.</p> <p>Matthew 21:23-27</p>	<p>Centuries before Jesus was born there were prophecies about His death. God sees the big picture and accomplishes His greater purposes. What does Jesus' death on the cross mean to you?</p> <p>Isaiah 53:5-12</p>	<p>With your parents' permission, watch <i>The Passion of the Christ</i>.</p> <p>Matthew 26:17-30</p>	<p>Attend a Good Friday church service.</p> <p>Matthew 27:27-56</p>
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Easter

<p>Do people think first about how helpful you are when your name is mentioned? Continue Tabitha's story to verse 43. Have you made a lasting impression on those around you like Tabitha did?</p> <p>Acts 9:36</p>	<p>How should we act toward our enemies? Think of other verses that talk about how we should treat our enemies and write them down.</p> <p>Exodus 23:5</p>	<p>Journal — what does this verse say about friendship? Think of a time when this verse played out in your own life.</p> <p>Ecclesiastes 4:9,10</p>	<p>Make a list of a few areas in which you need God's help.</p> <p>Isaiah 41:10</p>	<p>Draw two columns on a sheet of paper — one for "helpful" and one for "unhelpful." Make check marks in each column as you recall what you've said to people this week.</p> <p>Ephesians 4:29</p>
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Helping



Teen Girl Daybook

may

monday

tuesday

wednesday

thursday

friday

<p>Singing and playing music is just one of the ways we worship God. Close your door and crank up your favorite worship CD and spend time worshipping God!</p> <p>2 2 Chronicles 5:13</p>	<p>Journal — What does this verse mean?</p> <p>3 1 Chronicles 16:29</p>	<p>Make an effort this week to speak God's praises and worship Him as you go about your day.</p> <p>4 Psalm 34:1</p>	<p>We worship something or someone everyday. Do your actions, thoughts, and words show that you worship God? Make a list of ways you can better worship God through the decisions you make daily.</p> <p>5 Romans 12:1</p>	<p>Grab a dictionary and look up the following words: reverence, worship, and bow. How do these relate to our relationship with God?</p> <p>6 Psalm 95:6</p>
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Praise & Worship

<p>What are some examples of things we learn from God that we need to put into practice?</p> <p>9 Philippians 4:9</p>	<p>According to this verse, what kind of teacher is Jesus? What are the qualities your favorite teachers have? Your least favorite teachers? How did that impact your learning?</p> <p>10 Matthew 11:29</p>	<p>What does it mean to learn? How do our experiences help with that? What did Jesus' humanly experiences teach Him?</p> <p>11 Hebrews 5:7-9</p>	<p>We should be continuously learning and growing. Make a list of subjects you want to learn more about — both religious and secular.</p> <p>12 Proverbs 9:9</p>	<p>A lot of learning can come from a good mentoring relationship. Find an older woman you can learn from and who you can teach something to as well!</p> <p>13 Titus 2:3-5</p>
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Learning

<p>Journal — Who is the man this verse is referring to who made everyone sinners? Who made many righteous? Write about the affects of disobedience and obedience.</p> <p>16 Romans 5:19</p>	<p>How can you better walk in love this week? Pick a neighbor, a classmate, or a family member to love. Treat them to ice cream, send them a card, etc.</p> <p>17 2 John 1:6</p>	<p>How is it difficult to obey your parents? How is it easy? Make a point this week to honor your parents by obeying them and going above and beyond.</p> <p>18 Ephesians 6:1-3</p>	<p>What are some examples of the rulers and authorities in your life? How do you handle obeying authority figures you don't like? Have they been put there by God?</p> <p>19 Titus 3:1,2</p>	<p>Read this verse in a few different translations. Why is obedience significant?</p> <p>20 Proverbs 19:16</p>
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Obedience

<p>Patience Challenge #1: Do not drive above the speed limit.</p> <p>23 Galatians 5:22,23</p>	<p>Patience Challenge #2: Pick the longest line to wait in.</p> <p>24 2 Peter 1:5-7</p>	<p>Patience Challenge #3: Take a deep breath when you feel like you're losing your temper. Smile. And then respond to that person with grace.</p> <p>25 Ecclesiastes 7:8,9</p>	<p>Patience Challenge #4: Write about a time you had to be patient and wait to hear from God.</p> <p>26 Psalm 40:1</p>	<p>Patience Challenge #5: Interview three mature people in your life about techniques they have used to exercise patience.</p> <p>27 Ephesians 4:2</p>
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Patience

<p>Make a list of the smaller responsibilities you are entrusted with. Make a list of some larger responsibilities you'd like to eventually have. How does your honesty play a part in this?</p> <p>30 Luke 16:10</p>	<p>Watch a movie in which a character struggles with honesty. Make a note of the instances you observe. How could he/she have done things differently?</p> <p>31 Proverbs 11:3</p>			
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Honesty



Teen Girl Daybook

June

monday

tuesday

wednesday

thursday

friday

		1 This verse is pretty straight-forward! Do your daily decisions show that you want God's blessing on your life? Deuteronomy 11:26,27	2 On a blank sheet of paper, write this passage. Clip newspaper articles, headlines, and photos to illustrate each of the lines. Matthew 5:3-10	3 Journal — what does it mean to have clean hands and heart? Write about a specific time you experienced God's blessing. Psalm 24:4,5
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blessings

Make a list of the things you tend to do when you're feeling insecure about your looks — shop, eat, hair cut/color, diet, find a new style, etc. How does this verse relate? 1 Peter 3:3,4	6	We all need a reminder of how secure we are in God's arms. Make a card for someone in your life who might need a reminder of how priceless they are. Luke 12:6,7	7	Think of three things you're really good at. Do you compare yourself with others and get insecure about what you have to offer? Stop it! You are uniquely gifted. Galatians 6:4,5	8	Make a list of the things you're insecure about. How can God help you overcome them? Zephaniah 3:17	9	Are you insecure because you feel like you can't do anything right? What can you conclude from this passage? Romans 7:18-25	10
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insecurity

Being holy means separating yourself from sin. What attitudes, thoughts, or behaviors might be cutting you off from God? Isaiah 59:2	13	Our actions say a lot about us. What does living righteously mean to you? 1 John 3:10	14	Look at the definition of sanctification. What is God's will for us? What can we do to help see God's will for us be achieved? 1 Thessalonians 4:3-5	15	Write out this verse. Underline the three kinds of language that are out of place. Which do you struggle most with? How can you change? Ephesians 5:4	16	Devise a way to "throw off your former way of life" and celebrate your commitment to purity. Write a poem, bake a cake, go for a run, meet p with friend, etc. Ephesians 4:22-24	17
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holiness

Find a godly mentor who can pray for you and encourage you as you seek God's will like we see in this passage. Colossians 1:9-12	20	What about us has to change before we can know what God's will is for our lives? Why does this have to happen? Romans 12:2	21	Spend time asking God what His will is. Journal about your prayer time afterwards so you can look back and thank God for His faithfulness. Luke 11:9,10	22	What did Elijah learn about God's voice in this passage? Could God be speaking to you and you just don't hear Him? 1 Kings 19:11,12	23	Think of a time God opened a door for you. How did you know if it was His will for you? Sometimes this is how God directs us from point A point B. 2 Corinthians 2:12	24
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god's will

Look up the definition of respect. Make a conscious effort to better respect your parents this week. Philippians 2:3	27	Make a list of your behaviors that disrespect your body — destructive relationships, poor diet, lack of sleep, alcohol, excessive piercings/tattoos/tanning, etc. Pray that God would help you overcome them. 1 Corinthians 6:20	28	What authority figures do you have in your life? What do you think respect looks like to them? Is that how you're already living? Romans 13:2	29	Be mindful of how your speech shows respect. Do you vent about a youth leader? Do you cut down your friends? Let your words bring honor. Romans 12:10	30		
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respect



Teen Girl Daybook

July

monday

tuesday

wednesday

thursday

friday

	1	2	3	1 Make a list of the sacrifices you've made in your life. How did it feel to make them? Imagine how it felt for God to sacrifice His Son to save us all. 1 John 4:9-11
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Sacrifice

4 July is a month for celebrating our freedoms. Find some way to celebrate your freedom in Christ and from your sin. Galatians 5:1	5 Carry on the spirit of Independence Day by creating a 4th of July craft and celebrate your freedom all year long. Psalm 119:45	6 After reading this verse, why is missions so important around the world? 2 Corinthians 3:17	7 How can we use our freedom to serve one another in love? On a scale from 1-5 (5 being the best), how would you rank yourself at using your freedom to serve others? Galatians 6:4,5	8 Apart from Christ there is no freedom. What do you want freedom from that you need God's help with? Developing discipline? Overcoming worry? Defeating addictions? John 8:31-36
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Freedom

11 Look up the definition of <i>loyalty</i> . Who has been your most loyal friend? How have they shown you loyalty? Proverbs 17:17	12 Are you loyal to your employers? Do they know they can trust you? Make a list of a few ways you can do a better job at being loyal. 1 John 3:10	13 Are you loyal to your family? Do you stick with them through thick and thin and defend them? Spend some quality time with your family this week. Ruth 1:1-18	14 What does this verse tell us about loyalty to our country? Take time to pray for 3 military service members, 2 political leaders, and 1 youth leader in your church. Romans 13:1-7	15 Go for a walk and pray a prayer of commitment to be loyal to Jesus in the good times and in the bad. John 18:15-18; 25-27
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Loyalty

18 What is your definition of <i>justice</i> ? How does it line up with God's definition of <i>justice</i> ? What is mercy? Micah 6:8	19 Watch a movie that has the theme of seeking justice. What is the difference between justice and revenge? Proverbs 21:15	20 How are organizations like Convoy of Hope helping to bring justice? How are law enforcement officers helping to bring justice? How can you help to bring justice? Isaiah 1:17	21 Think about an example from the Bible of when the Lord brought justice to a situation. Proverbs 29:26	22 Look for an opportunity this week to treat someone justly. Psalm 106:3
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Justice

25 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? Luke 16:10	26 How would lies be conflicting for our non-Christian friends to see if we are supposed to resemble Christ? 1 Corinthians 6:20	27 God knows how we feel when we're tempted. Make a list of ways you've been tempted to take a short cut. Temptation is not a sin — giving in to it is. Hebrews 4:14-16	28 Journal — write about a time you tried to get away with something you knew was dishonest. How did you feel? What was the outcome? Proverbs 11:1	29 This is a pretty extreme example, but God doesn't like being lied to. Make a list of other examples from the Bible where people lied to God. How does this challenge you? Acts 5:1-10
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Dishonesty



Teen Girl Daybook

august

monday

tuesday

wednesday

thursday

friday

<p>1 Journal: What does choosing life look like? How does this show that God values us? Deuteronomy 30:19</p>	<p>2 God is the Father, you are the daughter. Make a list of some of the qualities of God that are reflected in you. Genesis 1:27</p>	<p>3 Does God value a baby before it's born? How should we value our life? Psalm 139:13,14</p>	<p>4 Do you know someone who doesn't feel valued? Write that person a letter telling her how much you appreciate her and praise her for the things that she is doing. John 4:4-9</p>	<p>5 Think about how you treat others. Does it show that you value others more than yourself? Philippians 2:3-5</p>
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value

<p>8 What are the biggest issues you find yourself needing to stand firm on? 1 Corinthians 15:58</p>	<p>9 When can peer pressure be a good thing? Titus 2:7,8</p>	<p>10 As a Christian, you're not to blend in with the lifestyle of your unsaved friends. Make a list of three people in your sphere of influence that you are a light to. Matthew 5:14-16</p>	<p>11 Watch a movie that illustrates peer pressure. What would you say to the characters involved? 1 Corinthians 10:13</p>	<p>12 Journal: Write about a time when you gave into negative peer pressure. What was the outcome? What did you learn? James 4:4</p>
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peer pressure

<p>15 Look up the definition of <i>cynical</i>. Based on this Scripture, how does cynicism differ from how we should act and feel as a Christian? Colossians 3:12</p>	<p>16 Do you know someone that is really cynical? What do the actions and attitudes of someone who is cynical look like? 1 Peter 3:8,9</p>	<p>17 Call a friend and go get ice cream. Commit to each other to be renewed and get rid of cynicism. Keep each other accountable. Ephesians 4:23,24</p>	<p>18 You know you need a heart-check with you start being cynical towards God. Take some time to examine your heart and repent of any cynicism. Romans 2:4</p>	<p>19 It can be easy to become cynical when you hang out with cynical people. Make a list of some phrases you can say to change the tone of cynical conversations. Psalm 1:1</p>
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cynicism

<p>22 What does the Bible say we should do when we are faced with someone who is our enemy? What are some practical ways of dealing with a bully? Luke 6:31-36</p>	<p>23 Do you have bullying tendencies? Re-write this verse in your own words and examine your heart. Galatians 5:26</p>	<p>24 Think of a few bullying scenarios that you could handle yourself. Think of a few scenarios where you would need to involve a parent or teacher. 1 Peter 3:9</p>	<p>25 Joseph was the victim of bullying. Can you think of someone in your life who has been bullied? How can you help? Genesis 37:18-32</p>	<p>26 It can be really easy to take on the actions, the language, and the attitudes of the people around you. How do your friends play a part in this? Romans 12:2</p>
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bullying

<p>29 Get involved in a discipleship group where the teacher models Christ in every area of her/his life — doesn't just preach it. Philippians 4:9</p>	<p>30 Why is continued study of Scripture important to us as Christians? 1 Timothy 3:16,17</p>	<p>31 Write a thank you note to a Sunday school teacher, youth leader, Girls Clubs leader, etc., who has helped you learn more about God. John 8:31,32</p>		
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discipleship



Teen Girl Daybook

september

monday

tuesday

wednesday

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friday

			Journal — What is the biggest lesson you've learned since becoming a Christian? 2 Timothy 3:14	1 2 Make a list of the things you're looking forward to learning this school year — spiritually and educationally. Proverbs 1:5
learning				
How does Jesus' mission when He came to earth help us determine our mission? Mark 10:45	5 In what way(s) are you serving the people around you? Acts 9:36-43	6 Get together with a friend and share stories about when someone served you. Luke 10:30-37	7 Think about someone in your life who is a true servant. What is it about her/him that you admire? John 13:12-17	8 9 Make a list of three of your strengths and two possible ways in which you could serve others by using those strengths. 1 Peter 4:10,11
serving				
Journal — What areas of conflict do you have in your life? What is the root of it? James 4:1,2	12 Think back to the last conflict you had. Were the words that you said constructive or destructive? What could you do differently next time? Proverbs 15:1	13 What does today's verse mean? How does this affect our actions? Ephesians 4:26	14 15 Think of a current conflict situation. Write the steps to how you should confront the other person. Write a few key phrases of what you would say. Matthew 18:15-17	16 Take a brisk walk and pray that God would clean your heart of anything you've been holding back. Ephesians 4:31,32
conflict				
Talk to God throughout your day — while you're jogging on the track, while at your locker, or waiting for class to start. Philippians 4:6,7	19 How do worry and trust correlate? Matthew 6:33,34	20 21 Instead of worrying, surround yourself with encouraging people and ask someone to speak life into you as you start a new year! Proverbs 12:25	22 What things are you not worried about? Why is that? Luke 12:25,26	23 What worries are you giving to God this week? 1 Peter 5:7
worry				
How do your actions play a part in your testimony? Philippians 4:9	26 27 Make a list of 10 conversation starters that would open a person up to a spiritual conversation. Luke 8:39	28 Journal — Prepare your testimony. What would you say if someone asked you why you are a Christian? 1 Peter 3:15	29 When you have a God moment, find a memento that can remind you of His goodness and serve as a conversation starter when you are asked its meaning. Joshua 4:21-24	30 Spend some time talking with your parent(s) about their testimony of God's faithfulness. Deuteronomy 6:7
testimony				



Teen Girl Daybook

october

monday

tuesday

wednesday

thursday

friday

<p>3 You've been in this new school year for a few weeks now. Feeling weary yet? Spend some time talking to God about it and ask for strength!</p> <p>Isaiah 40:28-31</p>	<p>4 Journal — write about a time when God gave you strength to resist temptation. What was your way out?</p> <p>1 Corinthians 10:13</p>	<p>5 Make a new tradition as you walk through the halls between class during the day — pray for strength for yourself and the people in your life!</p> <p>1 Chronicles 16:11</p>	<p>6 On a sticky note, write the names of 3 people who need strength for their situation and pray for them this week.</p> <p>Psalms 46:1</p>	<p>7 This passage talks about God giving strength even during difficult times. Try your hand at poetry and write a few verses from your heart about the strength God gives you.</p> <p>Habakkuk 3:17-19</p>
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strength

<p>10 Make a list of a few ways you can be a better friend to those in your life.</p> <p>Proverbs 27:6</p>	<p>11 What are some ways the friends in your life have helped you? How have you helped them?</p> <p>Ecclesiastes 4:9,10</p>	<p>12 Journal — explain this verse. Give an example of this from an experience in your own life.</p> <p>Proverbs 17:9</p>	<p>13 Take an honest evaluation of the relationships in your life. Are you friends with anyone who brings you down?</p> <p>1 Corinthians 15:33</p>	<p>14 Get together and have fun with a friend who has proven to be genuine and loyal to you.</p> <p>Proverbs 18:24</p>
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friendship

<p>17 Journal — Halloween is a season of masks. How do costume masks relate this passage?</p> <p>Isaiah 29:15,16</p>	<p>18 Journal — What kind of mask is described here? Is it a mask you've worn before?</p> <p>Luke 11:39</p>	<p>19 Journal — What mask is being described here? Is it a mask you've worn before?</p> <p>1 John 1:8-10</p>	<p>20 Journal — What mask is being described here? Is it a mask you've worn before?</p> <p>Matthew 23:1-7</p>	<p>21 Journal — God knows us intimately, so we can't fool Him with any mask. Write about who you really are, all masks aside. Your strengths and your weaknesses. Likes and dislikes.</p> <p>Psalms 139</p>
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masks

<p>24 What kinds of dark or evil activities have you observed around you with Halloween a week away? Make a list of ways you can enjoy the season without participating in darkness.</p> <p>Ephesians 5:11</p>	<p>25 How does this verse relate to Matthew 6:24 about not serving two masters?</p> <p>1 Corinthians 10:21</p>	<p>26 Journal — Re-write this verse in your own words.</p> <p>1 John 1:5-7</p>	<p>27 There is a battle going on around you that you cannot even see. Spend some time in prayer for God's continued protection and blessing on your life.</p> <p>Ephesians 6:12</p>	<p>28 What activities do you dabble in that are more like dark than light?</p> <p>1 Thessalonians 5:5</p>
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darkness

<p>31 When a person dies they are either in Heaven or hell — they do not roam the earth. Check out the Halloween series on the Teen Girls Blog: teengirls.agblogger.org.</p> <p>Hebrews 9:27,28</p>				
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ghosts



Teen Girl Daybook

november

monday

tuesday

wednesday

thursday

friday

	1	2	3	4
	Make a list of the areas in your life you don't have peace. Tell God about them, thank Him for what He has done, and surrender them to God. <i>Philippians 4:6,7</i>	Knowing we'll be in Heaven someday when we die brings a lot of peace. Are you right with God? <i>Romans 5:1</i>	In what ways can you do a better job at living at peace with those around you? <i>Romans 12:17,18</i>	Put on some comfy clothes, make a hot beverage, and celebrate how comforting this verse is! <i>Matthew 11:28-30</i>

peace

7	8	9	10	11
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? <i>2 Corinthians 5:18</i>	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. <i>Ephesians 4:32</i>	Journal — what does this passage mean? Why must we forgive others? <i>2 Corinthians 5:17-19</i>	Read this passage in several different Bible translations to grasp the meaning. Try an online source like www.biblegateway.com . <i>Colossians 1:19,20</i>	Make a list of people in the Bible who were reconciled to one another. <i>Matthew 5:23,24</i>

reconciliation

14	15	16	17	18
Make a point to openly thank God for the blessings He's given you. Tell your friends, post it on Facebook, thank God on locker breaks, journal, tell your family members, etc. <i>1 Chronicles 16:8</i>	How often do you pray for the people who come alongside you in ministry? Your youth leaders, pastors, choir leaders, leaders of your volunteer team, etc. <i>Philippians 1:3-6</i>	Journal — how can you better live out the commands in this passage? <i>1 Thessalonians 5:16-18</i>	How does this verse say we are to approach God? <i>Psalms 100:4</i>	Make a list of the greatest gifts God has given you — at the top of the list, put "salvation." <i>2 Corinthians 9:15</i>

thanksgiving

21	22	23	24	25
Revert to your younger years and listen to a Thanksgiving-themed episode of <i>Adventures in Odyssey</i> . <i>Psalms 136:1</i>	Make a Thanksgiving-themed craft or snack and celebrate all that God has blessed you with. <i>Psalms 103:1-5</i>	Attend a Thanksgiving Eve service. <i>1 Corinthians 11:23,24</i>	Read this passage during your Thanksgiving meal today. <i>1 Chronicles 29:11-13</i>	Go to your room, close the door, and put on some praise and worship music. Spend some time worshipping and thanking God with song. <i>Psalms 28:7</i>

thanksgiving

28	29	30		
Have you let your relationship with Jesus fizzle? Spend some time talking to Him and get your relationship back on track. He can fill your lonely void. <i>Revelation 3:20</i>	The holiday season can be very painful for some people. Keep your eyes open for those you can bless. If you feel lonely, call up a friend or trusted adult to chat. <i>Psalms 34:17,18</i>	It's so comforting that God knows exactly what we are feeling. Make a list of the ways you feel lonely that you know God sees. <i>Psalms 139:1,2</i>		

loneliness



Teen Girl Daybook

december

monday

tuesday

wednesday

thursday

friday

			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
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the birth of Jesus foretold

5 Has God ever asked you to do something that was life-changing and against what culture says is acceptable? Luke 1:26-33	6 Journal — what can you learn about Mary's attitude and response to what the angel told her? Luke 1:34-38	7 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	8 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	9 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

12 Grab a friend or two and watch the movie <i>A Nativity Story</i> . Luke 2:1-5	13 Put on some Christmas music and thank God for sending His Son! Luke 2:6,7	14 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	15 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	16 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

19 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	20 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	21 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	22 Make a list of other instances in the Bible when God spoke to people in their dreams. Matthew 2:13-16	23 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

26 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	27 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	28 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	29 Journal — what does this verse mean? What are some examples of worldly passions? How can we live self-controlled lives? Titus 2:11-14	30 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?