



Teen Girl Daybook

June



Week 1 Just YOU and Summer

- 1. It's Just You June and the summer is at your fingertips. This is a perfect time of the year to think about your life. What did you like or not like about this past year of school? **Psalm 119:5**
- 2. It's Just You June and God has a plan for this summer. If you could improve yourself over the summer, what would you do? Write down some new goals for a new season! **I Corinthians 9:24**
- 3. It's Just You June. Have you ever considered where you are heading with your life? What type of girl do you want to become during your young adult years? Are you on the right path? **Proverbs 4:18**

Week 2 Just YOU and Friends

- 4. If Just You and your 3 closest friends were given \$10,000 how would you spend it? How would you save, give, or invest? What are your priorities? **Matthew 25:14-30**
- 5. When Just You and your least favorite friend find yourselves sitting together on a long road trip, you are disappointed. What could you do to use this time to help the relationship? **Romans 12:18**
- 6. When Just You and your best friend find out that another girl has been lying to you both. This is a time to work through things without also hurting the girl back. Now what? **Matthew 18:15-21**
- 7. What will Just You do during your late night hangout with friends turn on a movie choice that you know isn't honorable? How will you handle it? **Philemon 1:8,9**
- 8. It's Just You and your friends swimming when you get hurt. Nobody stops to help or even cares that you aren't feeling well. How can you take some time to heal and yet not be considered pouting? **Psalm 94:19**
- 9. When Just You and a friend are caught disobeying, you are both tempted to lie. Your friend lies to your mom but you don't feel right about it. How can you speak truth without making your friend mad? **Ephesians 4:24,25**
- 10. Just You and a new girl are working together to help at a church event. She doesn't talk much and you don't either. How can you have good people skills and start a conversation? **Ephesians 4:32**

Week 3 Just YOU with Family

- 11. When Just You and your older brother that are left at home for a couple hours, you usually go separate ways but how can you get to know him better without being bothersome? **Philippians 2:4**
- 12. Just You and your twin sister are asked to clean up the kitchen while everyone else goes on to do other things. What is your attitude? How should you do your work? **Colossians 3:23**
- 13. Just You and your parents had a chat about your birthday party. This year there isn't money to do anything big. How can you have a fun party without needing a lot of money? **Psalm 32:8**
- 14. Just You and your baby brother are getting ready for bed. You know he needs his teeth brushed and a fresh diaper but you don't want to do it. This verse will guide you! **Colossians 3:22**
- 15. Just You and your family are going on a road trip. You are dreading it because of the challenges that come with riding with others for a long time. What can you do to make it enjoyable? **I Corinthians 13:3-5**

- 16. Just You and your family know about the tough news with about your dad. He lost his job and is struggling with embarrassment. How can you be encouraging to him during this time? **I Thessalonians 5:11**
- 17. Just You and a nanny are going to be home for a whole week while your parents go on a work trip. You hardly know the college girl coming to help. How can you help things go well? **Colossians 3:12**

Week 4 Just YOU with God

- 18. It's Just You June and it's a good time to think about your relationship with God. How are you and God doing? Are you closer to Him than last summer? **James 4:8**
- 19. It's Just You and time to worship at church. Are your thoughts focused on God or on yourself? Do you just watch? Do you worship to show off? Consider how sincere your worship is to Him. **John 4:23,24**
- 20. It's Just You and some journal time. Write God a letter. Be real and honest. Share with Him your thoughts and feelings while asking Him for His help. **Psalm 139:17,18**
- 21. It's Just You and bedtime. You could play on a phone, listen to a story, or read but spend some time praying instead. What can you thank God for from your day? **Jeremiah 33:3**
- 22. It's Just You June and all the world is a stage. What if everyone in the world could see you? What would they see? Would they see Christ in you or selfishness? Drama or peace? Joy or anger? **Ephesians 5:8**
- 23. When Just You and Jesus meet face-to-face one day, how will you feel? Take a moment to close your eyes and imagine how heaven will be. Does your life show that you live for eternity? **Psalm 42:2**
- 24. For Just You June, take a whole day without any electronics! This can be a way become closer to God. Turn off the music, phone, tv, and games. Just relax and grow closer to the Lord. **2 Peter 1:2,3**

Week 5 Just YOU and the Future

- 25. It's Just You and the future. Nobody knows what the future holds but everyone can do their part to make it the best it can be. How can you mature this summer so you are ready for the future? **Psalm 25:4,5**
- 26. It's Just You and your healthy body. Are you taking care of yourself? What are your eating choices like? Do you exercise? What can you do to improve your health this summer? **I Corinthians 6:19**
- 27. It's Just You and your room. What does your room need to improve? Are there things under your bed and in your drawers that need to be thrown away or shared? Take some time to feel fresh for the weeks ahead! **Colossians 3:23**
- 28. It's Just You and your brain! Have you read any Godly books lately? Reading can take you all kinds of places and teach you all kinds of things. Be sharp and smart with Godly knowledge. **Colossians 2:8**
- 29. It's Just You and your hygiene. As you are growing and changing, your body has new needs. Are you taking care of you? Take time to clean your teeth, hair, nails, and clothes. **I Corinthians 9:27**
- 30. It's Just You and the rest of the summer! Live it up and have a blast while honoring God in all you do today. Make choices with your attitude, entertainment, and friendships, that help you grow! **Proverbs 2:10,11**