



Teen Girl Daybook

November



Week 1 Life Changes

- 1. You don't have to be afraid when change comes. God will go with you! He may be asking you to sit with someone new at school, or to serve with a team at church, or to try a new hobby. He is with you! **Joshua 1:9**
- 2. The world around you has many changes that cause things to end. Maybe something in your life has come to an end that you wish would stay. But God has more for you. Trust Him! **Psalm 52:8**
- 3. What is something or someone in your life you wish would never change? Teacher? Friends? Church? Home? Weather? Your body? Life changes. But there is One Who never changes. Jesus will always be stable for you. **Hebrews 13:8**
- 4. When a season in your life changes, there are blessings ahead! God always has a plan for your life to be full of His gifts. When change comes, look to Him and the new things He is bringing into your life! **Jeremiah 29:11**

Week 2 Working Hard

- 5. What keeps you from working hard? Friends? Apps? Laziness? Overwhelmed? Whatever is keeping you from doing what you need to do can be overcome. Ask God for help and get moving. **Psalm 62:6**
- 6. What should you do when you feel tired? There are times you simply can't gain the strength to do what you need to do. But God can intervene and help you supernaturally. Look beyond yourself. **Zechariah 4:6**
- 7. How do you spend your time working? When you look at your schedule and time, are you doing what you are supposed to be doing? You can only work on so many things. Obey God's path! **Proverbs 23:19**
- 8. Why is it hard to work hard? Sometimes when you are doing the right thing, there are challenges. You will have obstacles. When you face hardships, keep working and the next thing you know, you will conquer it! **Galatians 6:9**
- 9. What happens when you don't work hard? God talks a lot about lazy people in His word. He designed everyone to have purpose in their work. There are consequences when you choose to not work. **Proverbs 10:4**
- 10. What happens when you work hard? You will be rewarded! Your efforts to do house jobs, school work, relationship work, church work, and employee work will never be wasted. Work is worth it! **Proverbs 14:23**
- 11. Who are you working for? If you are working for yourself or for another person, there is more to think about. When you are a Christian, all your work is done for the glory of God. Do it for Him! **Colossians 3:23**

Week 3 Contentment

- 12. Contentment may not come easily. But as the saying goes, "A thankful heart is a happy heart!" Relax with where you are in life and what you have in your life. Enjoy what you have. **James 1:17**
- 13. Part of being content is making the most of every opportunity that is already in front of you. You don't have to keep looking for more. What or who is in your life right now that needs you? Make the most of it! **Colossians 4:5**
- 14. Do you feel content when you get more "stuff"? Things will not last. Focus your life on loving your friends, family, and helping the needy. Love will last much longer than things. Fight the temptation of wanting more. **Philippians 4:11**
- 15. It is easy to choose more for yourself because everyone is born self-centered. But the closer you get to God the more you understand how less can be best! Think of 3 things in your life you really don't need to keep then give it away. **1 Timothy 6:6**

- 16. Are you content with your family? Being born into or entering a family later can be both good and bad at times. You are right where you need to be. Your family needs you and you need them. Trust God! **Psalm 31:14**
- 17. Running away or avoiding your circumstances will not cure anything. Get godly advice on how to handle the areas in your life that you don't have contentment and peace about. There is hope! **Psalm 32:8**
- 18. How do you feel about your body? No body is perfect. Every girl has her own pros and cons. As long as you are doing your best with what God gave you then you can be content! Don't be obsessed with outward appearance. **Genesis 1: 27**

Week 4 A Thankful Heart

- 19. Even in the midst of pain and hurt from others, the scriptures teach to give thanks anyway. When you praise at all times you honor that God is with you no matter what happens that is hard. **Psalm 34:1-3**
- 20. Have you ever thought about what it would be like if God wasn't good? Life for you would be much different if you couldn't trust His love. But He is always good and His love is forever. Give thanks! **Psalm 107:1**
- 21. When you read the scriptures today, think about how the words affect your daily life. These verses alone will give you a huge reason to thank Him this time of year. Praise Him from your heart! **Psalm 103:1-5**
- 22. Think of all the times you were sick or injured but you recovered. God was the One Who helped you. Thank Him! Do you need His strength again this week to heal, to be kind to siblings, or to work hard? Keep praising. **Psalm 28:7**
- 23. The next time you go outside, give praise to God out loud. Take a deep breath and say, "Thank you, God!" Enjoy Him all day long. You are truly blessed. Happy Thanksgiving! **Isaiah 12:4-5**
- 24. Being thankful isn't simply an idea or suggestion. But it's an actual command to follow from the Lord. He says to let peace and thankfulness rule your life. Instead of an attitude, have gratitude! **Colossians 3:15-17**
- 25. Nothing, nothing, nothing can end God's love for you. His love goes on and on. No matter who has ever stopped loving you, God will never stop. Thanksgiving week is all about God's love and provision for you. Enjoy! **1 Chronicles 16:34**

Week 5 Jealousy

- 26. Do you wish you had what someone else had? Car? House? Clothes? Family? Friends? At some point, you will feel jealous. The temptation is real. Don't let it go deep. Be thankful and content! **2 Corinthians 9:8**
- 27. The Bible talks a lot about not harboring jealousy and self-gain. In fact, it says that those that do those things have opened the door to "every evil practice". Flee from selfish jealousy! **James 3:14-16**
- 28. How should you act around someone that has something you wish you had? Normal. Be you. You don't have to show off or act overly quiet. You don't have to act sorry for things you don't have. You are you...there is much to celebrate! **James 4:2,3**
- 29. Have you ever gossiped about someone just because you are jealous of them? Or been sarcastic to them because you wish you had what they had? Be aware of what you say and why you say it. Keep your heart pure no matter what. **1 Corinthians 3: 3**
- 30. You have things other people don't have and other people have things you don't have. It will always be that way. No one has everything in the world. Let the competition go and enjoy your life! **Philippians 2:3,4**