



Teen Girl Daybook

October



Week 1 Settling in the Fall

- 1. School has been going on for a few weeks now. Just when your routine was settling, you found out you have a new project that will take after-school hours that you weren't expecting for the next month. How will you respond? **Philippians 4:6,7**
- 2. Your teacher was kind and fun at the beginning of the year but now she is more serious with high expectations. Her class isn't as exciting as it was initially. You can embrace it and rise up with hard work or you can blow it off and just get through class. **Colossians 3:23**
- 3. You have a choice between trying out for the basketball team or being a leader in your youth group. You can't do both. This is a hard decision because you have waited all your life to lead at church but you are also a gifted ball player. Now what? **James 1:5**
- 4. Last year you had several friends but this year there are only two girls you genuinely connect with in your heart. Is that okay? Does it mean that you aren't cool because you don't have more? Or can less friends mean more in other ways? **Prov. 27:17**
- 5. You have had a strong start this fall. All seems to be going well with family, school, health, church, and friends. You are closer to the Lord than ever and you are settled in your routine for the semester. All is well so how should you respond to God? **Psalms 75:1**
- 6. There is nothing big happening this month for you. Life just seems steady and in a groove. Without a birthday, holiday, or big event coming up you feel that life is not as exhilarating as you wish it could be. So what should you feel and think? **1 Tim. 6:6-12**
- 7. All around you there has been one thing after another that seemed out of the ordinary. Nothing has seemed calm or normal to you. It's October and you still feel unsettled about the semester. When will it calm down? Or, does it even have to? **Isaiah 26:3,4**

Week 2 Changing Seasons

- 8. This year everyone started school at a new location. The building is different, the teachers are different, and class schedule is different. In the midst of these changes, what can you know about God? **Hebrews 13:8**
- 9. The fall leaves are starting to change colors. The air is crisp. Your favorite foods are baking. This is a beautiful time of the year. But why aren't you feeling beautiful? You feel so many internal changes with your body that you are in an unsettled season. Now what? **Psalms 28:7**
- 10. You feel that its time for a change. You have lived in the same house, attended the same church, left every day for the same school, and have had the same friends for years. It doesn't seem that anything new or exciting will come so what should you do? **Philippians 4:11-13**
- 11. You have become tired of yourself. You need some change in your life. Your language, attitude, decisions, and thoughts are not what they need to be. Just like fall is a time of change, you can use this season for some positive change. **Isaiah 43:18,19**
- 12. Are you flexible when your parents make a sudden change? Are you able to go with the flow at the last minute? If these things are tough for you, you aren't alone. But you can mature and learn to handle anything that comes your way...even if it's not in your plans! **Philippians 4:13**
- 13. How are your parents doing? Have they changed? Try to put yourself in their position in life to understand what they may be feeling or thinking if things have changed. Be an encouragement to your parents in the midst of their life issues. **1 Thessalonians 5:11**
- 14. Have you forgiven someone who hurt you? Have you decided to let go of that inappropriate boyfriend relationship? Have you shown genuine love to your siblings? Now is a perfect time of the year to make some changes. **2 Corinthians 5:17**

Week 3 Winning over Fear

- 15. Many things are happening in the world every day that can cause you to be afraid but GOOD NEWS! The Bible tells us to not be afraid 365 times, which is one for each day. You don't have to walk in fear when you have the Lord. **Isaiah 41:10**

- 16. When God is with you, you will always, always, always be okay. But what about when bad things happen to people? If something does horrible does happen, God will strengthen you to handle it. He WILL be with you. **Joshua 1:9**
- 17. You probably want to have an amazing life of following all that God is leading you to do. But do you ever feel afraid you won't be successful? Don't worry! If God is leading you to it then you have no need for worry or fear! **Matthew 6:34**
- 18. Not being afraid doesn't mean that you don't have a reason to be afraid. Perhaps your situation is truly something to be concerned about in life. The Lord says that when you walk in that trial, He will be there so you don't have to fear. **Psalms 23:4**
- 19. What should you do when the spirit of fear comes knocking at your heart's door? Don't answer! There will be a temptation to fear but you can resist it and seek the Lord instead. Sing a worship song when you are afraid and everything will change! **Psalms 34:4**
- 20. What will sustain you when you are full of fear? God's love. He sees all you are facing and knows how to help you in it all. He not only rescues you from the fear but gives you JOY in its place! Seek Him. **Psalms 94:18-19**
- 21. Fear will cause you to be isolated and alone. It will tell you that you are powerless and will be harmed. But God says that isn't so! You are a conqueror at all times in all things! Memorize **Romans 8:37-39** Do it!

Week 4 Overcoming Evil

- 22. You have a choice between watching a horror film or watching an old Classic. You are curious about the scary parts of the horror movie but you feel somewhat apprehensive. What would Jesus choose if He were sitting with you to watch it? **Colossians 3:17**
- 23. Once you became a Christian, some things you used to do and enjoy now break your heart. You have a choice to celebrate this month with evil, blood, pain, and fear as the world does or you can celebrate harvest time with a fun, fall flair. **Amos 5:14,15**
- 24. All around you there seems to be evil. In the media, in school, at your activities, in the mall, and even at home sometimes. You don't have to be overcome by it all. When Christ lives in you, you are more powerful than any evil. Memorize **Romans 12:21**
- 25. You just watched the news and saw horrific acts of violence against innocent people. It made you sad, angry, and sick to your stomach to see such evil. Now what? How can you process the evils that happen in the world around you? **John 16:33**
- 26. Lately it seems there is an attack on your family. There are a lot of issues and challenges at home. The attack started just when you all made bold decisions to obey Christ. Following the Lord does cause evil to rise up against you but you will win! **1 John 4:4**
- 27. Teens that follow the ways of Satan may seem to be having fun and enjoying the wild ways of the world but it will soon end. Following evil is fun for a while but it always leads to death. When it appears that evil is the path to follow, think again. **Psalms 73:3-27**
- 28. There are some battles against evil you will fight that require more than a simple prayer. You may need to fast and pray. You may need to worship until you have a breakthrough. You may need some other people to join with you in the spiritual fight. **Ephesians 6:12**

Week 5 Conquering Death

- 29. Death can be heavy, burdensome, and overwhelming. But for those who have the Spirit of God living in them, death is simply a passageway to being in His presence. Christ has conquered death so you never have to fear it. **1 Corinthians 15:55-57**
- 30. Have you lost someone close to you? Missing someone special can be hard. It will take time, healing, and help. The good news is you have more hope and peace than those who don't have God. He will comfort you. **1 Thessalonians 4:13**
- 31. If you feel powerless, remember the cross! Jesus conquered death, and He is in you. You have all the power of overcoming death, sin, and the grave living in you. Power to overcome any temptation, heartache, or sin is yours. Use it! **Romans 8:11**