

# INSPIRE *girl*

*Inspire. Overcome. Influence.*

## STAND *Secure*



PARTICIPANT GUIDE

# Hello!

I have amazing news for you! The word “Gospel” actually means Good News!

Jesus loves you so much that He died for you. If you truly believed that with your whole heart – that you are wildly and passionately loved by the most incredible person ever, how could this Good News actually change your life? This course is designed to provide a pathway, so you can live like you are ridiculously loved – because you are!

A few years ago, I found myself trapped by insecurity, and disappointed by broken relationships and health difficulties. I began to feel jealous of the people around me, with a constant voice in my head that said I didn't measure up. This sent me on a restorative journey, discovering just how powerful the Gospel Message is for all of life: You Are Loved – No matter what.

I wrote about my journey in the book, *STAND Secure*, and developed this course, in hopes that YOU can be empowered by the Good news of the Gospel in YOUR life too!

The *STAND Secure* course is designed to provide a pathway for you to:

- Embrace your own calling and story
- Find a tribe of people who will love and support you!
- Feel free and safe to be yourself and practice creative expression!
- Own your own story and make a difference in the world
- Forget about what other people think of you and STAND confidently in your own unique life!
- Live with purpose, inspiration and hope – believing that God loves you recklessly and passionately and will always be there for you!
- Discover just how much you are loved by God, and let that truth CHANGE YOUR LIFE!

It is recommended that you start the course with **Appendix A – STAND So Loved: God's Big Story**. The rest of the course follows with truths that can all be lived *because* of the Gospel!

I'm absolutely thrilled that you are here to join this journey!

So **HERE WE GO!**

XOXO

Kaitlyn.

\*The INSPIRE Girl course is based on the *STAND Secure* book written by Pastor Kaitlyn Cey from Elim Church and can be found on Amazon.ca.

\*Please find all session videos online at [www.inspireyxe.com](http://www.inspireyxe.com) under the “Inspire Courses” tab

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## Session 1: STAND Secure

*"This is how much God loved the world: He gave his son, his one and only son and this is why: So that no one need be destroyed: by believing in Him, anyone can have a whole and lasting life." – John 3:16 MSG*

### A. Start UP

*Discussion* Have you ever felt like God's love for you makes no real difference in your life?

How would your feelings change inside if you always felt and believed you were unconditionally loved?

How might your relationships change with your family and friends?

*Illustration* What words describe a secure person and an insecure person?

SECURE	INSECURE

### B. Soak IN

Read Luke 12:6-7

*Discussion* Do you really believe that every single story is important? Why or why not?

How should your answer to the first question change the way that you interact with people in the world?

What do you think makes someone's story an "important" one?

How could you help someone experience hope when you remind them how important their story is?

*"That's what we storytellers do. We restore order with imagination. We instill hope again and again."  
– Walt Disney*

## C. So WHAT?

*Verge* Romans 12:2 MSG

"Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what He wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you."

*Fact* Culture is a sneaky teacher.

"We usually don't even realize that we are learning from it. Through media, entertainment and advertising, it whispers in a thousand voices: you are not smart enough, your achievements are too few, your thoughts are not lofty enough ... All these messages keep us running from one fix to the next, each time feeling valuable for a while, but disappointing us when the feeling fades." – STAND Secure

*Reflection* Take some time to write out your answers to these questions.

What are some of the ways you have been shaped by the culture around you?

Do you recognize some of the ways the media and/or advertisements cause you to feel like you do not measure up? If so, what are they?

How might you be able to change the way you think about advertisements so that they do not affect you in negative ways?

It's all about Relationship with God: God is always giving you gifts! How could practicing gratitude help you to feel loved instead of feeling like you don't measure up? (See your **Thankful Journal in Appendix B!**)

## BONUS

### Stand Secure Video Reflection Questions

1. What problems might arise in a person's life if they claim to believe something, but they do not act like they believe it?
2. Can you think of things you claim to believe, that do not affect the way you live and the choices you make?
3. If a person truly believes they are valuable because they are made that way, and nothing they can do will change their value, how should this affect the way they live?

## Session 2: STAND Together

*"You and I are chosen for a purpose. We are healed for a purpose, we are called for a purpose, and that purpose always involves other people." – Christine Caine*

### A. Start UP:

#### Discussion

How does knowing that we are forgiven, loved and free help us to love our friends and family well and to forgive one another quickly?

What are some of the ways you have observed other people suffer because they have refused to forgive someone?

How does a person usually feel inside when they hold a grudge?

Are there people in your life you need to forgive in order to be free from bitterness?

#### Illustration

It is important to acknowledge how you have been hurt by people, and to allow yourself to feel those emotions. It is then important to forgive those people so that your heart can be free.

<b>I HAVE BEEN HURT BY...</b>	<b>I AM CHOOSING TO FORGIVE BECAUSE...</b>
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### B. Soak IN:

#### Discussion

**Healthy Relationships: Mentorship**

Read Proverbs 1:5

Why is it important to have a mentor that you trust to provide guidance throughout life?

What do you think are some of the reasons people hesitate to have a mentor?

In what ways have you seen others benefit from having a mentor?

What are steps you could take towards developing a mentorship relationship?

**Healthy Relationships: Friendships**

Read Colossians 3:13-14

**Rumours, Rumours, Rumours.**

"People may speak poorly of you, they may tell lies about you, or spread stories about you that are true (these are usually the ones you would prefer stayed under wraps). Whether the rumors are true or not, whether all your friends are talking or the whole country gets in on the gossip, your worth is bubble wrapped, and cannot be tampered with. Yes, what people say about you may hurt, but it doesn't have to break you. You are enough. God loves you. You were made that way. Period." – STAND Secure

When you know and believe you are loved, why is it easier to forgive someone else for gossiping?

How are you empowered to stop gossiping yourself?

**Comparison**

*"The reason why we struggle with insecurity is because we compare our behind the scenes with everyone else's highlight reel." – Steven Furtick*

Do you think comparison is something that people only struggle with when they are teenagers?  
Why or why not?

What kinds of things do you see adults comparing?

What are some ways you can avoid comparing your life to other peoples' lives?

How could this change the way that you live?

List some of the things that you DO have, and then some of the things you have often WISHED you had.

<p><b>I HAVE ...</b></p>	<p><b>I OFTEN WISH I HAD ...</b></p>
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## C. So WHAT?

*Verses:* Jeremiah 29:11 MSG

"I know what I'm doing. I have it all planned out. Plans to take care of you, not abandon you, plans to give you the future you hope for."

*Fact*

"Trade FOMO for YOLO. FOMO is the Fear Of Missing Out ... YOLO means You Only Live Once and enforces the idea that you should make your life count. It is true ... you only live once. If you spend your life afraid of missing out, you will miss out on your own life." – STAND Secure

*Reflection* Take some time to write out your answers to these questions.

How does deciding not to compare your life to others change your friendships and family relationships?

How does Jeremiah 29:11 help you remember not to compare?

What is God's promise for you?

## BONUS

Stand Secure Video Reflection Questions

1. Why do you think people are so afraid of showing when they are struggling?
2. In what ways do you think people are held back in life when people feel like they need to appear tough to the people around them?

## Session 3: STAND Authentic

*"Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest, the choice to let our true selves be seen." – Brene Brown*

### A. Start UP:

#### Discussion

Authenticity means: Be completely honest about who you are with yourself and with others.

Integrity means: Your thoughts = your actions = your words.

What is the difference between your image and your integrity?

How does social media affect you when it comes to be authentic? Do you think other people are authentic on social media?

*Illustration:* List how you want others to see you and list the things you do or say to appear a certain way.

<p><b>I WANT OTHERS TO SEE ME AS . . .</b></p>	<p><b>IN ORDER TO LOOK OR APPEAR A CERTAIN WAY, SOMETIMES I . . .</b></p>
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### B. Soak IN:

Read Ephesians 2:19

#### Discussion

If you feel like you belong in God's love, how might this help you to be real?

How can you tell when someone else is not being "real" with you?

Are there times in your own life when your "inside person" does not line up with your "outside person"?



How could authenticity help you when you choose a career to pursue?

List some of your skills, hobbies and interests, and then careers that might align with those things.

<b>MY INTERESTS:</b>	<b>CAREERS THAT INVOLVE MY AREAS OF INTERESTS:</b>
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### C. So WHAT?

*Verge* Colossians 3:23-24 MSG

“Work from the heart for your real Master, for God. Confident that you’ll get paid in full when you come into your inheritance. Keep in mind always that the ultimate Master you’re serving is Christ.”

*Fact*

“God crafted every life purposefully and packaged each with preferences, knacks and aptitudes that are unique and glorious! I have known this intellectually all my life. However, I have come to understand that it’s not your gifts or the way you use them that makes you valuable. You certainly do have a purpose and I believe if you are reading this, your gifts will help you accomplish your God-given calling. While fulfilling your calling will increase your joy and enhance your life, it will not make you any more valuable.” – STAND Secure

*Reflection* Take some time to write out your answers to these questions.

When you believe that you are loved, how does this help you to be real in your career choices?

How does this verse encourage you to choose a career that you care about?

Why is it a relief to know that your accomplishments don't make you more valuable?

### BONUS

Stand Secure Video Reflection Questions

1. Why is it important for you to love yourself before you can love another person sincerely?
2. How do you benefit when you choose to act in loving ways towards someone?

## Session 4: **STAND** Named

*"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." – Ralph Waldo Emerson*

### **A. Start UP**

#### *Discussion*

Do you think your opinions can make any difference in the way our society runs? Why or why not?

How do you think a confident person acts versus an insecure person? Can you add to this list?

<b>CONFIDENT</b>	<b>INSECURE</b>
<ul style="list-style-type: none"> <li>-Develops ideas</li> <li>-Shares ideas</li> <li>-Believes you have something to contribute</li> </ul>	<ul style="list-style-type: none"> <li>-Jealous</li> <li>-Easily offended</li> <li>-Gossips</li> </ul>

How does insecurity hold people back in life from sharing their opinions and doing amazing things?

Do you believe you have been "Named" with purpose? Why or why not?

### **B. Soak IN**

Read 2 Corinthians 10:5

#### *Discussion*

Why do you think it might be important to stop and reflect on your thoughts?

In what ways do you think your thoughts affect your behavior?

### **C. So WHAT?**

*Verge* Galatians 6:5 MSG

"Each of you must take responsibility for doing the creative best you can with your own life."

## Fact

"If you choose to believe you are valuable because God made you that way, you will be much more resilient and able to handle life's disappointments—resting in God's unchanging esteem for you." – STAND Secure

**Reflection** Take some time to write out your answers to these questions.

What factors do you think prevent people from being creative in our culture?

Do you think it takes courage to be creative? Why or why not?

How does knowing that you are loved help you to take risks, be creative and present your ideas with confidence?

How could it help you to live confidently if you started each day with a hopeful outlook? (see **Daily Intentions Journal**)

## BONUS

### Stand Secure Video Reflection Questions

1. Do you believe that all people are creative? Why or why not?
2. Why is creativity important? How does it help our society as a whole?

*"If you're always trying to be normal, you will never know how amazing you can be." – Maya Angelou*

## Session 5: **STAND Diverse**

*"Success isn't about how much money you make: It's about the difference you make in people's lives." – Unknown*

### **A. Start UP**

#### Questions:

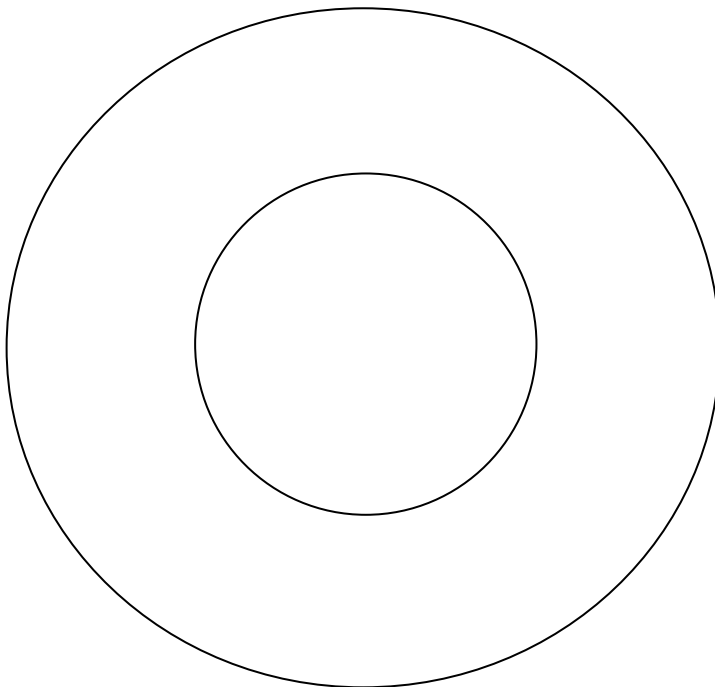
Why is it so important to know what you want your own life to be about in order to live confidently and celebrate the people around you?

Why do you think people feel the need to push others down in order to elevate themselves?

Do you believe that a person has to do something big in order to do something significant?

#### Illustration:

Name the types of people who would be in your comfort zone in the inner circle. Name some people/groups outside of your comfort zone in the outer circle.



Why do you have to be a secure person to interact with and learn from people outside your comfort zone?

## B. Soak IN

Read 1 Thessalonians 5:11

### Discussion

What does it look like to build others up? How can we accomplish this?

How do you define success in your life?

"Give a cool cup of water to someone who is thirsty. For instance, the smallest act of giving or receiving makes you a true apprentice. You won't lose out on a thing."- Matthew 10:42 MSG

How can you show love to people who are different than you today?

## C. So WHAT?

### Fact

"We will all struggle with insecurity at different times of our lives, but knowing that we are not alone, and having tools to face it fiercely with the belief that we are enough ... Well, I believe it changes everything." – STAND Secure

### Verge John 3:16 MSG

"This is how much God loved the world: He gave his son, his one and only son and this is why: So that no one need be destroyed: by believing in Him, anyone can have a whole and lasting life."

### Reflection Take some time to write out your answers to these questions.

How does the Good News (that you are unconditionally loved by God) change your one and only life?

A famous and powerful quote from Mother Theresa says, "Do small things with great love." List 5 things you can do this week to show great love, by doing something "small".

Write out one sentence that sums up what you want your life to be about.

## BONUS

### Stand Secure Video Reflection Questions

1. Do you think the small decisions you make everyday affect your view of yourself? If so, how?
2. What steps can you take towards shedding insecurity in your own life?

## Appendix A

### Stand So Loved: God's Big Story

#### DAY 1. WHO IS GOD ANYWAY?

##### Verses

"Always be prepared to give an answer to everyone who asks you to give a reason for the hope that you have." (1 Peter 3:15)

I am a teacher, and sometimes I feel like I am supposed to have all of the answers. The straight up truth is, I don't! I am just learning and growing and changing as all of you are. We will never have all the answers, but God says that if someone asks us about our faith, we should have an answer ready so that we can share the deep-down hope we have in God! As we talk about who Jesus is and what He did, we are going to answer some of the toughest questions people ask about faith and God. First of all, Who is God anyway? Here are some things we need to know about God, in order to understand God's big story.

Jesus is the image of the invisible God. We can't see God, but part of the reason Jesus came from heaven was to show how amazing God is. (John 1:18, Colossians 1:15) God is three in one—Father, Son, Holy Spirit—the Trinity. I like to think about an egg, it has three parts (shell, yolk, and egg white), but it is one egg. This is like God. Three separate persons but each person has the same heart (Matthew 28:19, John 14:26). God is perfect love. Did you know that means that He cannot act in unloving ways? He is love (1 John 4:7-8). God is also perfect truth. He cannot tell a lie (John 14:6). God doesn't make mistakes. He is perfect, and you are not a mistake (Ephesians 2:10, Psalm 139:14).

That's just the tip of the iceberg! God is caring and just, He has emotions, is faithful, creative, beautiful, patient, kind, powerful, interesting, selfless and eternal! Does this not sound like someone amazing you would like to know personally? These are all characteristics of God, and God is Father, Son and Holy Spirit. Therefore, we know that Jesus, the Son of God, who is one with God (John 10:30), is all of these amazing things! Part of the reason that He came to earth is so that you can know who God is, and have a real relationship with Him.

He loves you and He wants to be your very best friend.

##### Reflection

Take a few minutes and jot down the things that you already know about God. Then look at your list and write some things you still want to know about Him. Finally write something that you learned from reading this devotional. Look up the verses listed above and write out what they say for an extra boost!

Do you feel like you actually know Jesus personally or do you simply know lots about him?

Ask God to help you know Him personally so that your life can be changed in amazing ways more and more every day, all because you know Jesus personally!

## DAY 2. IS GOD REAL? HOW DO WE KNOW?

### Verge

"Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me'"  
- John 14:6

God's Big Story began before the world was created. Satan was an angel (Isaiah 14:12-14), and he became jealous of God. Satan became God's enemy and had to leave heaven (Revelation 12:7-12, Luke 10:18). Many angels joined his ranks and went with him. Then, God created the world! He spoke the entire cosmos into being, and the world was perfect, just as God intended it (Genesis 1). Why did He do this? The Bible says to reflect His glory. God is not arrogant. He is the best thing ever! Think of it like sharing a snack. If you had a huge pail of ice cream with the tastiest stuff known to mankind, it would be kind of you to share it! God wanted to share the best thing ever with someone. So, He made the world and people to share his glory with!

So, how does this prove that God is real? Well. . . If you walked into a room and found a paper airplane, you would know for certain that someone had been there and created that airplane because you could see that someone has folded it and shaped it. When people look at the universe and the way that it is shaped just right, it is obvious that someone has measured it out, folded it correctly and shaped it, too.

Another way we know God is real is the Bible says you are made in God's image! Animals were not made in God's image, they don't reflect His nature like we do. We have intelligence, emotions, relationships with others, we see beauty, we are creative, compassionate and have spirits, just like God! We can look around and see that God is real by observing the universe and by noticing the ways people have been created uniquely in God's image.

We can also know God is real because of Jesus! The Bible is not fairy tale, it is a history book about real people who walked the earth, including Jesus! When we know who Jesus is, we know the One who is our hope, our truth, our life, and the only way to the Father. He is the main point of this whole Big God Story. And knowing Him really is the best thing ever.

### Reflection

In order to understand Jesus, why do you think it's important to start at the very beginning of God's Big Story?

How do you recognize the ways that YOU have been made in God's image? Are you creative? Do you notice beauty around you? Do you come up with new ideas? Something else? List as many as you can!

Why do you think God chose to make humans last? Why does he place the most value on people instead of anything else He created?

Take a few moments and write down the names of people you value. Now think about how much more God values you and all of those people, since He is the one who created each of them! We are His prized creations, and He loves each of us so much.

## DAY 3. WHY DO BAD THINGS HAPPEN?

### Verge

“The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.” - John 10:10

Picture this: The Garden of Eden was absolutely faultless and beautiful. Relationships were full of love, there was no selfishness or fighting, no illness, hurt or pain. Satan, God's enemy, did not like how wonderful everything was and wanted to ruin it. He brought sickness, pain and suffering into the world. This was not God's original plan. God's plan was for people to be perfectly loved by one another and by God himself—but real love isn't forced. It requires a choice.

That is why God placed a tree in the Garden of Eden and He told Adam and Eve not to eat from it. Adam and Eve had freedom, they were not fake puppets that had to love God because they were forced to. God created them with the freedom to decide what they wanted in life. Unfortunately, Satan entered the garden and told Eve lies, that if she ate from that blasted tree, she would actually become like God, and she believed him! Remember God made Eve free because He wanted her to experience real love... but she had to make her choice. And unfortunately, she made a bad one.

There is so much suffering in the world and it can be hard to believe God is kind and loving when we experience the tough stuff. Life can be hard sometimes and the heart-ache doesn't always make sense. It can be tempting to believe lies about God today, just like Eve did in Eden. Satan was Eve's enemy in the garden, and he is your enemy and mine. He is called a liar and a thief and He tries to whisper lies to get you to believe God doesn't love you, God is not good, God isn't on your side. Satan always wants to put distance between God and those God loves most, us.

Remember that God is the best thing ever, and He wants you to have the most amazing life for you! This is why it is so important for everyone to know who Jesus is and what He did. As we live in obedience to Him, listening to His voice, letting His truth fill our hearts, amazing things happen! That's not to say there won't be tough stuff to go through. Life on earth will never be perfect. But it's about living with the hope and love that only Christ can offer, no matter what comes our way... It's not just about rule-following, it's about knowing the best person you can imagine! And living the best life possible with Him at the centre.

Even though things look bleak at this point in God's Big Story, Jesus is about to change it all.

### Reflection

What are some lies that you have been tempted to believe about God? Do you believe that He is kind, loving and is always on your side - even during the tough times? Why or why not?

A.W. Tozer said, "What comes into our minds when we think about God is the most important thing about us" What comes to your mind when you think about God?

Make a list of the things the Bible says are true about God and when you are tempted to believe otherwise, keep your mind fixed on the truth of your list! Whether or not you choose to believe these truths can direct the path of your life!



## DAY 4. DO ALL "GOOD" PEOPLE GO TO HEAVEN?

### Verge

"For everyone has sinned; we all fall short of God's glorious standard. Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins."  
- Romans 3:23-4

This is one of the most difficult questions people ask about God. However, God's Big Story helps us to answer this question and reminds us how good Jesus is! When Adam and Eve chose to eat the fruit, everything changed for them and for all of us. In a sense, we actually inherit the sin that they chose (Romans 5:12). Notice how little kids have a tendency to take an extra cookie when told not to, or fabricate stories that didn't actually happen? We are born imperfect, into an imperfect, broken world. Whether a person is a thief, robber, liar, or a pretty good person, everyone has sinned. That means everyone is separated from God. However, God wants every separated person to come home to Him. He wants every lost person found.

So, what are we to do? What was God to do? We need to remember that God is Holy and just (1 Peter 1:16, Romans 3:26). This means He always does the right thing. How crazy is that! In fact, it is impossible for God to do something wrong. Some people wonder, If God is so good, why can't He just let us off the hook and forget about our sins? Let's think of it like this: What if someone broke into your home, stole and destroyed all of your favorite things. Then, they are caught and brought before a judge. If the judge says it's no big deal, and just lets them off the hook with no consequence, do you think that would be a good and just judge? No. God has set the standard of right and wrong. God is the good judge and He calls us to live right as well, taking care of ourselves and each other. So, He can't simply let people off the hook. However, this Big Story isn't over. God has an amazing gift to give us!

God wanted to solve the big problem of sin because of His wild love for the people He created. He knew we couldn't pay our own way or solve this huge problem on our own. The only way to do it was to send His perfect Son, Jesus, to the earth. So He did. Jesus became a man—He cried, got hungry and sleepy, just like we do. He was even tempted to sin, but He never did anything wrong. While He was human, He was also still God! He healed the sick, altered the weather, multiplied food from 5 to 5000, strolled on top of water and brought dead people back to life!

When Jesus came, He unleashed the goodness of God in the most amazing ways! From teaching the value of every human life, to showing incredible compassion and offering forgiveness...the teachings and goodness of Jesus invaded the world and has radically changed the way the world works, for the better! Today, He wants to radically change every heart, he wants every person to know they are loved.

### Reflection

Why do you think so many of the first public schools and hospitals were began by Christians?

How does practicing forgiveness and having kindness make people happier?

Why did Jesus have to be completely God and completely human in order to pay the penalty for our sins?

Have you asked Jesus to forgive your sin and heal your heart? If you haven't yet, or in a while - take some time now. No one loves you more than He does, and He wants to show you. Let God unleash the power of His grace in your life. It's the BEST gift ever!

## DAY 5. WHAT DOES IT MEAN TO BE A CHRISTIAN?

## Verge

"For the wages of sin is death, but the gift of God is eternal life." - Romans 6:23

After Jesus changed the world with His amazing teaching, miracles and new ideas, He had to complete his main mission. He was about to solve the big problem: that sin separated people from God. Jesus was the only one who could do it. Satan wanted all of us to be separated from God forever. He wanted the worst life for you. But God wants the best for you... and that moment when Jesus died on a tree (kind of crazy as He was the one who created trees!) the big problem was solved. Jesus took our place and the punishment for the sin of the whole world. God offered us a choice to believe in Him, to come to Him and know perfect love, to be free, healed and whole, and to be forgiven. Like the Bible says, "Christ suffered for our sins once for all time. He never sinned, but he died for sinners to bring you safely home to God" (1 Peter 3:18).

Three days after Jesus died and was buried, He actually came back to life again to live on earth with His friends for forty more days! (See Acts 1) Then God welcomed Him back into Heaven and sent the Holy Spirit to help all of us so we can live with all of God's goodness inside of us, and to spread His story to the world!

So, what exactly does it mean to be a Christian?... It's knowing that God's big story isn't over. We are in the middle of it and God is calling us to play a part in it! Being a Christian means following Jesus, and living out the amazing story He is writing for you. One day everything is going to be restored to perfection, just like it was originally in Eden. Satan will not be able to mess with people or the world anymore. The people who chose to be connected to God will stay with God forever, others will not. All illnesses, problems and hurts will be gone forever! Then, we are really going to see God's goodness on display, forever!

So, I pray that you will choose Jesus. Your great adventure begins when you walk with Jesus. If you choose to believe in Him, you will discover He has the most amazing plans in store for you! He has things for you to do, and He has designed plans for your life that are a perfect fit for you! He made you with everything you need to complete the mission He crafted for you.

As you get to know Jesus better, He will show you how to live. You will actually play a part in God's Big Story as He restores the world back to what it was supposed to be in the beginning. All of this is possible because of Jesus. If you have Jesus, you have everything you need, and you can live with amazing confidence knowing you are so loved and His love changes everything.

## Reflection

What are some of the ways your life is better because you know Jesus?

What are some of the things that you can do to help you get to know Jesus better?

What ways has God gifted you to be part of His Big Story, to bring His goodness to the earth?

Take a few moments and ask God to show you more about who Jesus is. Journal any ideas, words, or pictures that come to mind, based on what you've read this week, or maybe something brand new! Let Him speak to your precious heart.

## Appendix B: Thankful Journal

Practicing Gratitude actually changes your brain and helps you to know how much God LOVES you! When you write down the things you are thankful for – your mind gets in the habit of noticing blessings – and this allows you to see all of the amazing ways God is at work in your life and helps you to feel His JOY!

**Here are some tips to get started!** Try writing down 10 things each day before you go to bed. Be as specific as possible. List the big things and the small. Remember, gratitude doesn't have to be complicated just needs to be authentic.

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DATE:

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Today I am thankful for . . .

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*"Thank God no matter what happens." – 1 Thessalonians 5:18*

# Thankful Journal

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." - Philippians 4:6*

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DATE:

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Today I am thankful for . . .

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*"Be faithful in the small things because it is in them that your strength lies." – Mother Teresa*

# Thankful Journal

*"God has promised to supply all our needs. What we don't have now, we don't need now."  
– Elizabeth Elliot*

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Today I am thankful for . . .

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*"It is not how much we have, but how much we enjoy, that makes happiness." –Charles Spurgeon*

# Thankful Journal

*"If there was ever a secret for unleashing God's powerful peace in a situation,  
it's developing a heart of true thanksgiving." –Lysa Terkeurst*

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Today I am thankful for . . .

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*"The best way to show my gratitude to God is to accept everything, even my problems, with joy."  
– Mother Teresa*

# Thankful Journal

*"Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ." - Ephesians 5:19-20*

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DATE:

Today I am thankful for . . .

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*"When we choose thankful prayer over wallowing in anxiety and worry, we are demonstrating an unwavering trust in God." – Priscilla Shirer*

## Thankful Journal

*"I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that, I still possess." –Corrie ten Boom*

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Today I am thankful for . . .

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*"I will give thanks to you, Lord, with all my heart. I will tell of all your wonderful deeds." - Psalm 9:1*



## Appendix C: Daily Intentions Journal

God made us to be girls who ALWAYS HOPE! When we start our day off thinking of the good things we are looking forward to – and the good things we want to do – we make HOPE explode in our lives!

*“Because Jesus was raised from the dead, we’ve been given a brand-new life and have everything to live for, including a future in heaven—and the future starts now! God is keeping careful watch over us and the future.”  
– 1 Peter 1:3-5 MSG*

*Three things I am looking forward to today . . .*

**MONDAY:**

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**TUESDAY:**

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**WEDNESDAY:**

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**THURSDAY:**

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**FRIDAY:**

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**SATURDAY:**

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**SUNDAY:**

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Appendix D:  
*Colouring Pages*

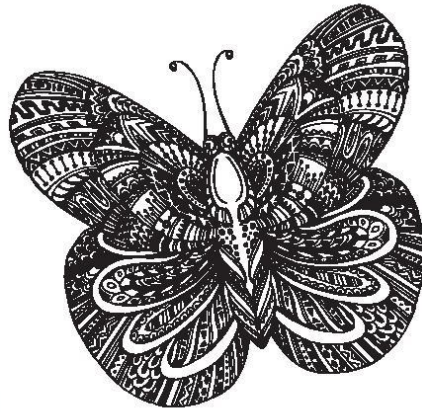


STAND

Together



STAND  
*Authentic*





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