

The background is a vibrant collage of abstract elements. It includes a large pink swirl in the top left, a green swirl in the top right, a red swirl in the middle right, and a green swirl in the bottom right. There are also various colored circles (yellow, purple, blue, orange, green) and patterns of small dots and lines. Stylized leaves and branches in green, yellow, and blue are scattered throughout. The text 'I am...' is in a large, teal, sans-serif font, with 'ROMANS 8:38-39' in a smaller, teal, sans-serif font below it.

# I am...

ROMANS 8:38-39

IPHC GIRLS' MINISTRIES THEME



# CONTENTS

**3**  
**Theme Introduction**  
from Girls' Coordinator

**6**  
**Girls' Challenge Week**  
Daily challenges for girls

**9**  
**Teen Girl Devotion**  
I AM...

**11**  
**Activity Ideas**  
Virtual & In-Person

**16**  
**Magazines**  
Elementary & Teen

**18**  
**Phone/Tablet Apps**  
Suggestions for all ages

**22**  
**Girls Project**  
Baby Hope Club

**5**  
**Theme Verse Poster**  
Printable 8.5 x 11 Poster

**8**  
**Elementary Girl Devotion**  
I AM...

**10**  
**Who Am I In Christ?**  
Printable 8.5 x 11 Poster

**13**  
**Online Studies**  
Virtual & Self Guided

**17**  
**Christian Youtubers**  
for Teen Girls

**20**  
**Books**  
For Girls and Leaders

**23**  
**Prayer Emphasis**  
For the girl who...

The ideas presented on these pages are meant to guide and inspire you as you plan and implement the 2020 Girls' Ministries theme into your ministry. Allow it to inspire you to find ways to carry the *I AM...* theme into the 2020-2021 school year.





# I am...

**I** am \_\_\_\_\_. The word(s) that fill that blank can speak life or death in a matter of seconds. This year, more regularly than I would like to admit, my words about myself have been more damaging than life-giving. I have placed immense pressure on my shoulders to make 2020 “a year of new beginnings, a fresh start, a pause to all of the things that were on my plate that should not have been, [and] a chance to start over.”

Those statements sound incredible, yet each time I read another post, watched another video, had another conversation about “fresh starts,” my expectations for myself grew higher and higher. Each day, I faced a mountain of expectations. Each day that I didn’t make a step towards a new me, I fell deeper and deeper into disappointment.

- I am a failure.
- I am never going to measure up.
- I am not worthy of the position that God has placed me in.
- I am afraid.
- I am unsure.
- I am a disappointment.

These are all honest, raw, and real thoughts that have made their way into my head over the course of this year. As I type this, I can look at these statements and confidently say that they are untrue. I could slap a Band-Aid on it and say, “Meredith, it’s silly you think you are a failure.” Well, it wasn’t silly when a memory reel of my past failures played in my mind. That was a real moment where I felt defenseless and alone. This is the work of the enemy. This is exactly what he wants to happen. **The enemy fills us**

**with lies to make us accept defeat.** The Bible tells us in 1 Peter 5:8-9, “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” Satan will do anything to keep us from the love and freedom found in Christ.

Verse nine continues: “Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.” Resist him. Stand firm in the faith, not in isolation, but together, knowing that the enemy is after anyone moving toward the plans God has for us.

Our Girls’ Ministries theme for 2020 and 2021 of “I AM...” is very fitting for this time. In Exodus 3, Moses encounters the burning bush, and God lets him know that He has heard the cries of the Israelites in Egyptian captivity. He instructs Moses to lead them to freedom. During this conversation, Moses voices some of the same concerns a leader might have today.

## EXODUS 3:11-15

“But Moses said to God, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?”

And God said, “I will be with you. And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you will worship God on this mountain.”

Moses said to God, “Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell



them?”

God said to Moses, “I AM WHO I AM. This is what you are to say to the Israelites: ‘I AM has sent me to you.’”

God also said to Moses, “Say to the Israelites, ‘The Lord, the God of your fathers—the God of Abraham, the God of Isaac and the God of Jacob—has sent me to you.’”

“This is my name forever, the name you shall call me from generation to generation.”

Do you realize that this last verse is speaking to YOU? **GOD IS STILL I AM.** We are part of the generations that shall call him I AM, and He is sending you to disciple girls in a time of uncomfortable change, stress, and loss. Some of you may respond like Moses did saying, “Who am I to do this?” When you examine Exodus 3:11-15 more closely, you notice there is the good news that He is with us, and He is with you today. God was fully aware of the circumstances the Israelites were facing in captivity. He had heard their cries, and He wanted Moses to help fulfill His plan of leading His people from captivity to freedom.

God is still aware of what is happening today. He sees us right where we are. He knows the giants we face, physically, mentally, and spiritually. He is with us. The girls you serve and lead may have their own captivity they are facing. They need to realize there is freedom in I AM. And in this freedom, there is love from which they can never be separated.

*“There is freedom in I AM,  
and in this freedom, there is  
love from which they can  
never be separated.”*

Our key verse this year is found in **ROMANS 8:38-39:**

“And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.”

**This journey Moses set out on was full of challenges, but there was never a moment when he was separated from God.** We saw God’s mighty hand at work through the Israelites, and we know the rest of His story. Your story may have its own set of challenges. We don’t know what we will face on our journey, but we can be confident that the I AM will be with us, equipping us for every challenge we face. 2020 has been packed with ups and downs, but how exciting is it that we can continue teaching the good news of God’s big story to girls all over this world? I AM’s great love and redemption for mankind continues from generation to generation!

*Meredith Light*  
National Girls’ Ministries Coordinator





**NOTHING  
CAN SEPARATE  
US FROM THE  
LOVE OF GOD**

ROMANS 8:38-39





# CHALLENGE WEEK



## SERVE A SENIOR SUNDAY

With your parents'/guardians' permission, find a Senior Adult in your community to serve. You could choose an older adult at your church or in your neighborhood. Offer to help rake the leaves in their yard, run an errand, or sit on the porch and read them your favorite book. Be creative in thinking about ways you can help.

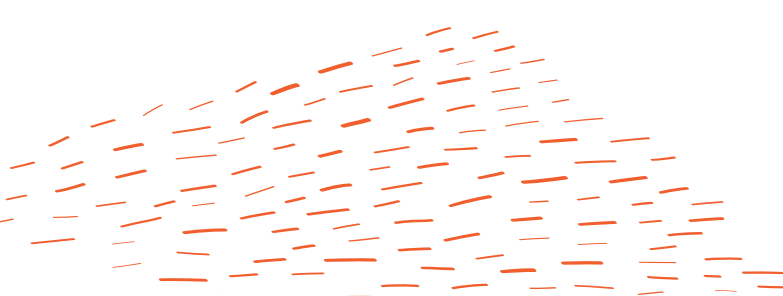
*"For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."*  
-Mark 10:45

## MESSAGE MONDAY



Send an encouraging message and Bible verse to a friend. You could write a letter, send a text, comment on a picture on social media, call/facetime, or develop another creative way to communicate. The words we say are important. Pray and ask God to help you know the right words to say to your friend to help them feel loved and encouraged.

*"Therefore encourage one another and build one another up, just as you are doing."* -1 Thessalonians 5:11



## TUESDAY TUNES

Check out this [Girls' Ministries Worship Playlist](#) on YouTube.

Pick a song to share on social media or ask for your parent's help to send it to a friend or family member.

Listen to this playlist as you clean your room, do homework, or stop everything, and just worship God. We worship God because He is the one, true God. He's the Creator of the Universe and deserves all the honor and praise.

*"Sing praise to the Lord, because he has done great things. Let all the world know what he has done."* Isaiah 12:5

## WORD WEDNESDAY

Commit to reading your bible for 10 minutes today. If you don't read yet, ask for a parent/guardian's help. Studying God's Word is important because that is one of the main ways He communicates with us!

*"In the beginning was the Word, and the Word was with God, and the Word was God."* -John 1:1





## THANKFUL THURSDAY

Share something you are thankful for with three people today. It could be a particular blessing God has given you, something awesome that happened at school, or maybe the beautiful sunshine. We can always be thankful for something!

*"Every good action and every perfect gift is from God. These good gifts come down from the Creator of the sun, moon, and stars." James 1:17*



## FRIDAY FEELINGS

Take some time to think about the week you have had. Did you have a good week? Was it a difficult week? On a piece of paper, write out a feelings map. If you don't write yet, draw a picture that describes your week.

*Example:*

**Monday:** I was happy when I got to see my friends after a long weekend.

**Tuesday:** I was grumpy when I woke up. It made me sad that Kate didn't invite me to her Birthday party.

**Wednesday:** I found out that I made a 99% on my spelling test. I felt proud of myself.

God already knows about every feeling we have, but he desires to communicate with us. As you think back over your week, use this time to talk to Him, and thank Him for loving you, no matter how you feel.

*"Come to me, all who labor and are heavy laden, and I will give you rest." Matthew 11:28*

## SELFIE LOVE SATURDAY

Choose someone to help you with this challenge, like your mom, sister, or friend. With your parent/guardian's permission, take a cute Saturday Selfie. As you look at the selfie you took, say out loud five things you love about yourself. Example: "I love my smile, my eyes, the way I love to help people, my singing voice, and my style."

Here's the catch; you are not allowed to say anything negative! If your friend catches you saying anything negative, you have to start back at the beginning with five brand new things you love about yourself.

God made each of us special, beautiful, and unique. That is something to celebrate!

*"I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well." Psalm 139:1*







# ELEMENTARY

## *girl devotion*

Can you remember the best day you have ever had? What happened that day? Maybe it was the day you had all your friends over for your birthday party...or maybe it was an entire day spent baking with your grandma! Good days are a lot of fun, but what about the bad days? Sometimes bad days are hard.

Do you think God **ONLY** loves you on the good days? No way, that is not right! God loves you all the time!

**Romans 8:38-39** says, “Yes, I am sure that nothing can separate us from the love God has for us. Not death, not life, not angels, not ruling spirits, nothing now, nothing in the future, no powers, nothing above us, nothing below us, or anything else in the whole world will ever be able to separate us from the love of God that is in Christ Jesus our Lord.”

**Absolutely nothing can keep us from God love.** Isn't that incredible? Even when we wake up grumpy with stinky breath... It doesn't scare God and His love away from us!

Have you ever had a bad thought about yourself? Maybe something like, “I am not smart enough.” Or, “Maybe if I was prettier, more people would like me.” When we have thoughts like these, we need to remember what God's Word says about us.

**Philippians 4:8** says, “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Our feelings can change, but God's Word never changes. When we are feeling sad or scared, we can remember what God says about us in His Word, and it can help us feel better.

*“Nobody likes me. I don't have any friends.”*

**I am a FRIEND of Jesus. – John 15:15**

*“I am scared.”*

**I am guarded by the PEACE of God. – Phil 4:7**

*“Nobody loves me.”*

**I am GREATLY loved by God. – Colossians 3:12**

The Bible is one of the most powerful things we have in this world. It helps us to know how to live, and it helps us know God better. God talks to us through the Bible, and helps us to know that He loves us, that He helps us, and that He is there for us.

Thank you, God, that I AM loved by you!

### DISCUSSION QUESTIONS

1. Can you tell me about one of your good/bad days?
2. What kind of things does God want us to think about (Phil 4:8)?
3. How can you know what God thinks about you?







Imagine your perfect day... one of those days where everything goes better than planned and you are feeling confident! Now, imagine your most challenging day... one of those days where you feel like a complete mess.

Is God with you only on your greatest day? Does He only love you when you are at your best?

Thank goodness, the answer is no!

**Romans 8:38-39** says, “Yes, I am sure that nothing can separate us from the love God has for us. Not death, not life, not angels, not ruling spirits, nothing now, nothing in the future, no powers, nothing above us, nothing below us, or anything else in the whole world will ever be able to separate us from the love of God that is in Christ Jesus our Lord.”

**There is never a single moment when we are separated from God’s love.** So, whether you are having the best or worst day of your life, God is right there with you.

He never changes; therefore, His love for us never changes.

The enemy likes to try to play tricks on our minds and make us feel isolated and alone. Can you think back to a time when you felt alone? What were some of the thoughts that filled your mind? Were the thoughts that came to your mind life-giving or lie-giving?

**2 Corinthians 10:5** says, “We break down every thought and proud thing that puts itself up against the wisdom of God. We take hold of every thought and make it obey Christ.”

The enemy will attempt to take our minds off of the truth found in the Word of God every chance he gets. He could try to take our attention in many ways... like through a bully at school, a social media post, or simply thoughts that won’t seem to go away. When that does happen, we can use 2 Corinthians 10:5 as a reminder of what to do. Break it down, and make it obey Christ.

When negative thoughts fill your mind, here’s a practical and biblical way to combat them:

*“I am not good enough.” (Break it down. Make it obey Christ.)*  
**I am made COMPLETE in Christ. – Colossians 3:3**

*“I am alone. No one cares about me.”*  
**I am a FRIEND of Jesus. – John 15:15**

*“I am anxious and scared about the future.”*  
**I am guarded by the PEACE of God. – Phil 4:7**

*“I am unlovable.”*  
**I am GREATLY loved by God. – Colossians 3:12**

*“I am a sinner. I’ve messed up too many times.”*  
**I am redeemed and forgiven. – Ephesians 1:7**

**I AM...** Those two words are small but mighty, and the statements that follow have the ability to bring life or death. Satan brings death. Jesus brings life.

The Word of God is one of the most powerful things we have in this world. It is our never-failing GPS in this confusing, mixed-up world. In it, we find life, peace, direction, hope, promise, love, and, most of all, the heart of God.

Maybe you have heard the phrase, “Hide His Word in your heart.” That means to keep God’s Word close to you at all times. Take time to read and memorize Scripture, so when the enemy comes to attack, you have the truth from the most trustworthy source, ready to break down lies.

Life is full of uncomfortable changes and challenges, but God has remained constant through it all. No matter what you are facing, good or bad, remember that God is with you, and there will never be a moment when you are separated from His love.

#### DISCUSSION QUESTIONS:

1. Share about a time when the enemy tried to take your mind off of God’s truth.
2. As a Christian, do you think it is okay to have bad days?
3. Name a thought you have had that you need to break down and make obey Christ.



# WHO AM I IN CHRIST?

**I AM MADE COMPLETE IN CHRIST.** COL 3:3

**I AM A FRIEND OF JESUS.** JOHN 15:15

**I AM REDEEMED AND FORGIVEN.** EPH 1:7

**I AM NO LONGER A SLAVE TO SIN.** ROM 6:6

**I AM GREATLY LOVED BY GOD.** COL 3:12

**I AM HEALED AND WHOLE IN JESUS.** 1 PETER 2:24

**I AM A BRANCH OF THE TRUE VINE.** JOHN 15:1

**I AM FREE FROM THE LAW OF SIN AND DEATH.** ROM 8:2

**I AM A CHILD OF GOD.** JOHN 1:12

**I AM GUARDED BY THE PEACE OF GOD.** PHIL 4:7

**I AM A FELLOW HEIR WITH CHRIST.** ROM 8:17

**I AM ACCEPTED BY CHRIST.** ROM 15:7

**I AM A TEMPLE OF THE HOLY SPIRIT.** 1 COR 6:19

**I AM A NEW CREATURE IN CHRIST.** 2 COR 5:17

**I AM CHOSEN, HOLY, AND BLAMELESS.** EPH 1:4

**I AM MADE ALIVE IN CHRIST.** EPH 2:4-5

**I AM A CITIZEN OF HEAVEN.** PHIL 3:20

**I AM FAR FROM OPPRESSION AND WILL  
NOT LIVE IN FEAR.** ISAIAH 54:14

**I AM RENEWED IN THE KNOWLEDGE OF GOD AND  
NO LONGER LIVE IN MY OLD WAYS.** COL 3:9-10

**I AM GOD'S WORKMANSHIP CREATED  
TO DO GOOD WORKS.** EPH 2:10

**I AM SEATED IN HEAVENLY  
PLACES WITH CHRIST.** EPH 2:6

**I AM A MEMBER OF CHRIST'S BODY AND  
A PARTAKER OF HIS PROMISE.** EPH 3:6

**I AM BORN OF GOD AND THE ENEMY  
DOES NOT TOUCH ME.** 1 JOHN 5:15

**I AM MORE THAN A CONQUEROR THROUGH  
HIM WHO LOVES ME.** ROM 8:37

**I AM STRENGTHENED WITH ALL POWER  
ACCORDING TO HIS GLORIOUS MIGHT.** COL 1:11





# ACTIVITY

## *ideas*



## VIRTUAL

- **PAINT NIGHT:** First, choose an instructional painting video on YouTube to follow. Next, drop off canvases, paint, and brushes at each girl's home. Lastly, prepare a short devotion to start the evening, and invite your girls to join you for a Zoom call.
- **HOT CHOCOLATE & MOVIE NIGHT:** Drop off hot chocolate bombs at each girl's home and invite them to zoom as the group watches the same movie together through [Netflix Party](#).
- **TIK-TOK CHALLENGES:** Do a "[Pass the Bible](#)" challenge on TikTok or Instagram reel as a girls group.
- **ONE-MINUTE SERMON:** Challenge girls to give a one-minute devotion on social media to share with the group and friends on social media.
- **GAME NIGHT:** Host a game night on a virtual gaming platform, which offers party favorites like trivia, drawing contests, and fill-in-the-blank style games you can play remotely. Or bust out the classics with a board game you and your friends have over zoom.
- **BOOK CLUB:** Choose a book to read as a group and meet periodically to discuss the content. For book suggestions, see page 21.
- **COOKING DATE:** Plan a cooking date with your girls. Agree on a recipe and gather all of the ingredients. Hop on the phone or video conference together while preparing. Use the time to chat and bond over your love of cooking. Then sit back and enjoy the delicious meal.
- **CELEBRAION OF GIFTS NIGHT:** Host a zoom call specifically celebrating individual gifts/talents. Allow each girl to perform/share her gift within a 3 minute time limit. Take time to talk about and celebrate the unique gifts and talents God has given each of us.



# IN-PERSON

- **PJ, PIZZA, AND PILLOW PARTY:** This event would be fun at home or church for a movie night. Girls love sleepovers; while it's not always easy to pull together an overnight event, a movie night in pj's is an excellent second option. Invite the girls to wear their pajamas, bring a pillow, and provide pizza for a fun night. Be sure to follow CDC guidelines when preparing/serving food & beverages.
  - *Tips:* Be sure to screen the movie first if you haven't already; this will help you be ready for questions. A good rule of thumb is to have one adult (19 and older) for every 7-9 girls.
  - *Craft Idea:* Start the night and have everyone sign a pillowcase and enter to win it. It's a great way to get contact information from all new guests you may not have yet. At the end of the night, draw a name, and that person will win the pillowcase.
- **OLD FASHIONED ICE CREAM PARTY:** Host an old-fashioned ice cream party. Have multiple options of ice cream with a selection of sodas like root beer, cola, orange crush, cream soda available for floats. Bust out the whipped cream, maraschino cherries, sprinkles, syrup, old-fashioned straws. Be sure to follow CDC guidelines when preparing/serving food & beverages.
- **CEREAL & MILK PARTY:** For this event, provide the individual serving boxes that kids can pour milk into or have everyone pour into bowls. (Don't forget to have at least one dairy-free milk for all the kids with allergies). There are many fun activities to be played with cereal: catching cereal in your mouth, using cereal to make art like name spelling, making cereal necklaces, or even bird feeders. Another idea, is to see who can dig the most marshmallows out of a Lucky Charms box in

one minute. The ideas are endless. Be sure to follow CDC guidelines when preparing/serving food & beverages.

- **FORMAL PROGRESSIVE DINNER:** Girls love dressing up, putting on make-up, and going out. This event is great for going out but discussing what makes girls truly beautiful. Have girls dress up in their cutest formal or semi-formal dress, heels, and make-up. Ask a few families to provide appetizers, salad, main meal, or dessert. The girls can travel to all the homes for dinner and, along the way, do a photo scavenger hunt to get pictures of all the happenings in their fancy dresses. Be sure to your hosts follow the CDC guidelines when preparing/serving food & beverages.
  - *Bonus Discipleship Lesson:* Scripture study and reflection of Proverbs 31:30; 1 Samuel 16:7; 2 Corinthians 4:16
- **PAINTING FOR MISSIONS:** Canvas painting parties are popular and can be a great way to raise funds and awareness for missions. Have the girls paint a canvas and auction them off for funds toward missions. There are many tutorials on youtube, and it can be a very creative outlet for girls to learn how much time it takes to create something unique. Each girl will create something different in the end, but it's the differences that make them unique.
  - *Bonus Discipleship Lesson:* Scripture study and reflection of Psalm 31:30, Ecclesiastes 3:11, Ephesians 2:10, Genesis 1:27, 1 Peter 2:9, Psalms 119:73-74, and Isaiah 64:8.
- **PRAYER AND WORSHIP NIGHT:** Plan a night of worship and prayer for your girls. Have a live band or use this [Girls' Ministries Worship Playlist](#). Offer prayer points for corporate and individual prayer.





# RESOURCES

## ONLINE STUDIES

\*click on underlined title to view link

### LIES GIRLS BELIEVE

ONLINE BOOK STUDY: \$20


Recommended Age: 7-12 + Moms

Your daughter is being lied to.

Today's girls face a number of challenges we never dealt with at their age. From skyrocketing anxiety rates to bullying on social media, the Enemy's lies are everywhere.

Teach your daughter to find answers in God's WORD. This study will give you the tools you need to start important conversations at an age-appropriate pace. Topics include:

Lies about God  
Lies about Friendship  
Lies about the Future  
Lies about Myself  
Lies about Boys  
And more!



- Register for the *Lies Girls Believe* Online Bible Study
- A 6-Week Webinar For Tween Girls and their Moms!
- EXPERIENCED BY MORE THAN 160,000 MOMS AND DAUGHTERS.
- Taught by Best-Selling Author Dannah Gresh and co-taught by Staci Rudolph

### LIES YOUNG WOMEN BELIEVE

ONLINE BOOK STUDY: \$20

Recommended Age: 14-18 + Moms

Since the Garden of Eden, we haven't stopped believing lies. If you've ever thought to yourself "I'm not good enough," you've been deceived too. And it doesn't stop there. Lies about ourselves, God, and the world can bind up every corner of our lives without us even realizing.

From social media and relationships to skyrocketing depression and anxiety rates, the modern world is a rocky landscape for teen girls to find truth. We hear you! Backed by extensive research and stories from girls like you, *Lies Young Women Believe* exposes 25 of the most common lies that modern teen girls face, and replaces them with the Biblical Truth.

Discover the truth from:

Lies about Self  
Lies about God  
Lies about Relationships  
Lies about Faith  
Lies about Sexuality  
Lies about the Future  
And More!

Join best-selling author Dannah Gresh, True Girl lead teacher, Staci Rudolph, and author/actress Alena Pitts as they lead you through the *Lies Young Women Believe* Online Bible Study. A 6-week webinar for teen girls and their moms!



## GIRLS MINISTRY COLLECTIVE

1 Corinthians 16-week Study | FREE

**Recommended Age: Teen Girls**

Are you looking for Christ-Centered, Girl Specific Bible study for you and your girls? Join the Girls Ministry Collective for a **FREE** 16 week Bible study designed for girls.

“What would happen if we all came together in this last season of 2020 and focused **NOT** on the controversies in the news and in our communities, but just committed to be in His Word with other girls, moms, college girls...women?” And we all signed up for one chapter of a book of The Bible. We chose 1 Corinthians as the book we would walk through these 16 weeks with.

Why 1 Corinthians? Well because it's addressing the need for unity in the church. Also, the reason there was a lack of unity had to do with pride. I believe unity and pride are something that we as humans are struggling with right now. I love what this quote says: “At the heart of this book is the reality of the cross and resurrection. Paul admonishes this church to return to the logic and pattern of the gospel, so that pride is replaced with servant-hearted love and unity.”

Imagine what would happen if girls and or moms with their daughters were focused on this message during this global pandemic. Imagine what He might do in and through them as they come into 2021! Gives me chills to think about!

## CITY OF LIONS BY AMY BYRD

LifeWay Girls Fall Online Bible Study | FREE

**Recommended Age: Teen Girls 11+**

Join Amy over seven sessions as she leads girls through an in-depth study of the first six chapters in the Book of Daniel. From the pressure to compromise his faith to the threats and temptations of living in a culture hostile to his religious beliefs, Daniel battled many of the same pressures we face today.

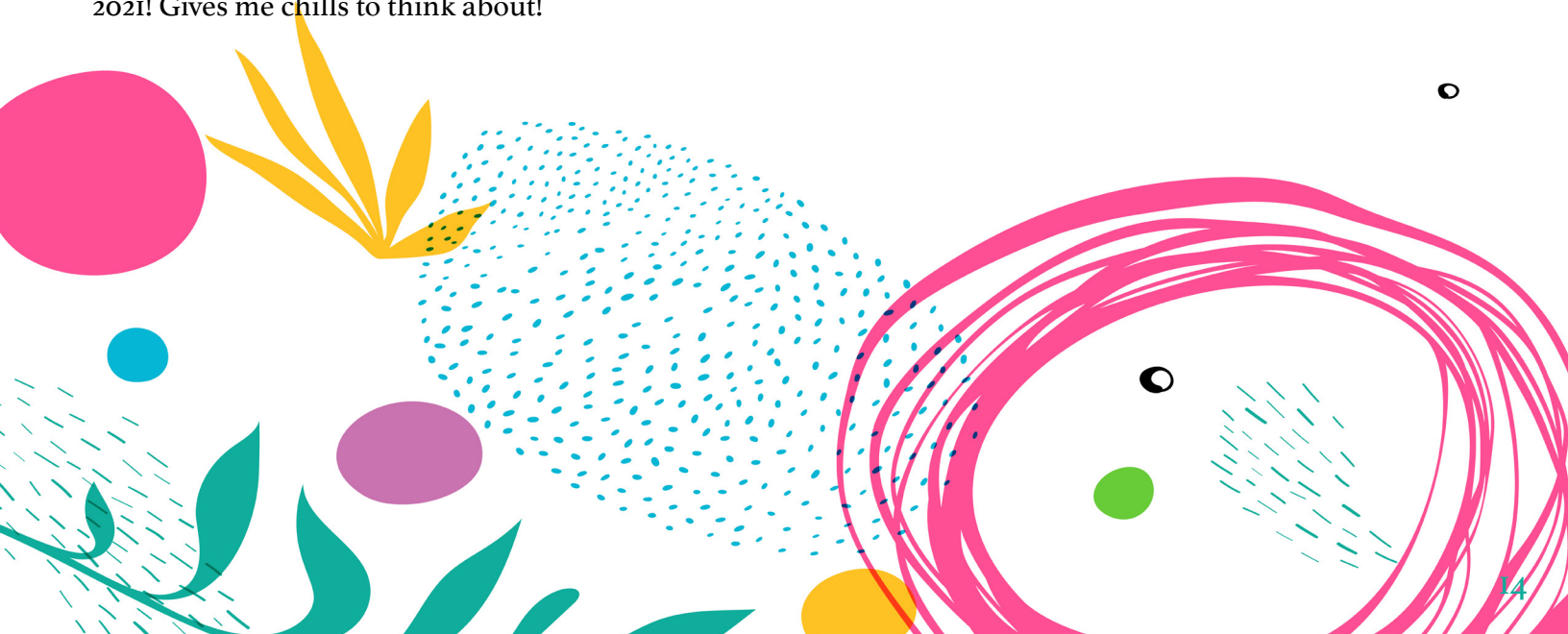
This Bible study will seek to teach girls how they can live with the same faith and integrity Daniel demonstrated in the midst of opposition.

City of Lions is a 7-session Bible study. Through our blog every week, you will have access to each of the session teaching videos for **FREE**!

All you have to do is register, purchase your Bible study book to follow along, and engage in the personal study days throughout the week.

**The videos will be available until December 7th!**

There will be a new video available here on the blog every Monday for seven weeks. You can watch the session on your own or with your girls during the week.





# ONLINE SELF-GUIDED STUDIES

\*click on underlined title to view link

## MINTED TRUTH

Online Self-guided Studies | FREE

Recommended Age: Teen Girls

Minted Truth was birthed from one question: WHAT WOULD IT LOOK LIKE FOR TEEN GIRLS TO PICK UP THEIR BIBLES DAILY?

We envisioned a community of young believers, who allowed the Gospel they read about to become the hope they rejoiced in, reach their area of influence to proclaim Jesus's resurrection and redemption. WE SAW DISCIPLES MAKING DISCIPLES.

At Minted Truth, our mission is for teen girls who claim to know the Lord to cling to His Word. We believe the Bible is living and active and therefore meant to actively be lived out. Our hope is to equip teen girls with daily doses of truth, so they may experience transformation and the joy of discipleship--teaching others about the Gospel.

There are 30+ self-guided studies available for teen girls through the app or website.

## TIRZAH

Self-guided/Video Studies & Online Magazine | FREE

Recommended Age: Teen & Young Adult

Tirzah is a women's lifestyle online publication. Our mission is to inspire and equip a generation of young women of noble character, rooted in the word, fruitful in good works and faithful in all things.

## LIFEWAY PRESS: RACHEL & LEAH

Self-guided 6 Session Bible Study | FREE

Recommended Age: Teen Girls

What will it take for you to say at the end of your life, "It is well with my soul"?

This question began this journey for me. Because things were not well. I was letting something consume my life. It greeted me every morning. And teased me at night. It was there in the mirror. It was there on the scale. It was in the work meeting. It was everywhere.

Comparison. Feeling less than. Never quite measuring up. Always seeming to be a step behind. And who was I chasing? Her.

There is so much to be said about opening the Bible and reading it just as it is. But I've found that when I take my struggles through the Scriptures I uncover a way to become someone I could never be on my own. There is power, authority, and wisdom tucked into the pages of this ancient book we hold in our hands.

Studying the Bible should be an incredible journey that anyone can jump in on. It is a journey filled with answers to questions, some we couldn't even think to ask. And maybe as we look at this comparison struggle, there's a question you're not sure you've ever really been honest enough to ask. It's this quiet question tucked away in the soul of every girl as she sees beauty, looks at success, and wonders where her happily ever after is.

- This question—Why her?
- Why not me?
- What's wrong with me?
- Who even am I?

Join author, Nicki Koziarz, as she leads readers through the story of Rachel and Leah and what they have to teach us about combating comparison.





# MAGAZINES

\*click on underlined title to view link

## SPARKLE

Magazine | \$13.50/year

**Recommended Age: 1st-3rd Grade**

Sparkle Magazine shares the love of Jesus with 1st-3rd grade girls. Sparkle provides young girls with the building blocks they need to learn more about God, themselves, and the world He's created. Through fun craft and activity-based lessons, we encourage girls to create tangible reminders of God's love that they can share with others. Curious young readers will find plenty to entertain them in Sparkle, while older readers will find more meaning behind every activity or story.

## SHINE BRIGHTLY

Magazine | \$16.95/year

**Recommended Age: 4th-6th Grade**

SHINE brightly Magazine reaches 4th-6th grade girls with the truth of God's love and the life-changing story of the Gospel. Through fiction stories, non-fiction articles, and Bible lessons we cover tough topics like bullying, health, technology, family issues, and more! Craft activities, games, and a monthly LOVED challenge help girls everywhere learn their value to God and encourage them to share this truth with others. It's not easy being a girl today, but SHINE brightly equips girls to handle tough stuff and to know they're not alone.

## FOR GIRLS LIKE YOU

Magazine | \$29.95/year

**Recommended Age: 9-13**

FOR GIRLS LIKE YOU is a Christ-centered, fun-filled, edu-tainment-style magazine created just for girls like your tween!

FOR GIRLS LIKE YOU will help you grow, teach, entertain and inspire your daughter to be GOD'S

GIRL first! With fun activities, interactive pages, features on God's Girls around the world and right next door, articles about people they know and love, inspiring stories on what God is doing in the world, and a whole lot more—every issue shows GIRLS LIKE YOU how to live as GOD'S GIRL.

FOR GIRLS LIKE YOU is a “break-from-technology” place where tweens can read about things they love with positive words and imagery, and safe, wholesome messaging throughout.

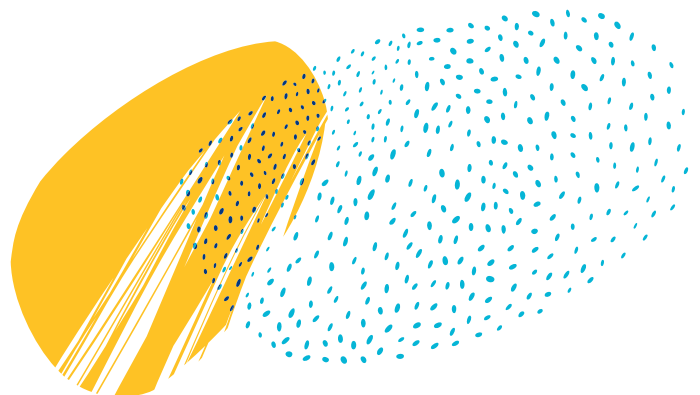
## BRIO

Online Magazine | \$24.99/year

**Recommended Age: 14-21**

BRIO Magazine for Teen Girls: \$24.99/year  
Brio magazine for teen girls has a fresh new look that includes more pages filled with inspiring profiles, cultural insights, health & beauty tips, faith-filled features and added fun!

We're here to help you grow in your faith, encourage healthy relationships and address real-life topics that will help you navigate the teen years. Growing into womanhood is a great adventure and the Brio team wants to journey with you. Let's talk culture, body image, social media, boys and more as we filter it all through our shared faith in Jesus Christ.





# CHRISTIAN YOUTUBERS FOR TEENS

\*click on underlined title to view link

## COFFEE AND BIBLE TIME

Coffee and Bible Time is a Christian YouTube Channel where women of all ages come together to learn, grow, and flourish in Christ. Sisters, Ashley & Taylor, and their Mentor Mama are passionate about sharing the truth of Jesus Christ and the gospel message. They post Christian videos weekly to help encourage and equip women to be on fire for the Lord! It is their hope and prayer that you would be inspired to delight in God's Word and share that with the world.

## SADIE ROBERSON HUFF

HEYO, welcome to my YouTube channel! My name is Sadie Rob (...now Sadie Robertson Huff). I started my channel by accident after my little sister, Bella Robertson, uploaded a very personal video of me being vulnerable, but I knew shortly after, that I could be a sister and a friend to everyone. I love sharing videos, as well as blogs, podcasts, and short messages on socials. My hope is that you're encouraged by these weekly videos and they help you in finding purpose in life, know that you are loved. New videos posted every Monday and Thursday. If you have questions or ideas, leave a comment!"  
XO Sadie Rob

## KACI NICOLE

My heart's deepest desire is this: to know Jesus and to make Him known. Here on my channel, you'll find Bible study videos and all sorts of Christian lifestyle videos. As I seek to live a life that's continually being transformed by Jesus and submitted to the authority of Scripture, my hope is to invite you in and inspire you to seek Him as well. Knowing and loving God is truly the most worthwhile pursuit. My prayer for this space is that you would walk away encouraged in your faith journey, equipped to study God's Word, and inspired to live a life that is glorifying to Him."

## A LASTING BEAUTY

What is a lasting beauty? What is true beauty? I want to share with others what I have learned through the trials and experiences of being insecure. Once I realized the truth about beauty, my life was changed. True beauty is far, far more than the physical. The world seems to advertise a false reality that beauty is simply external. A lasting beauty is something that does not fade and does not change like the current trends. It's more than putting on a pretty dress and a face of makeup. On this channel you'll find fashion, Jesus, and a girl that just likes to talk about life. I'd love for you to join this alastingbeauty community :)

## BIBLE PROJECT

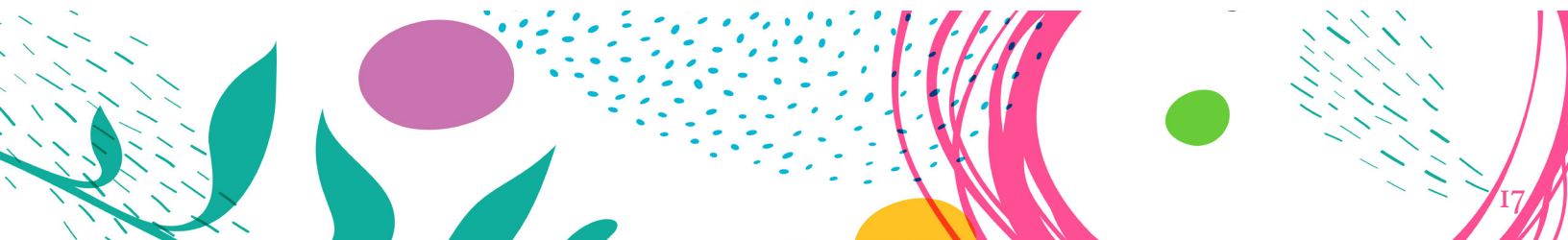
BibleProject is a nonprofit animation studio that produces short-form, fully animated videos. Our videos and all of our other resources are available for free to help people everywhere experience the unified story of the Bible.

## FARAWAYDISTANCE

Hi! My name is Becca Eller and I'm 24 years old. I make videos to talk about my faith as a Christian because Jesus changed my life, and I believe He can change yours too. My goal is to teach the Bible in both truth and love based around my evangelical Christian faith.

## GIRL DEFINED

Since launching GirlDefined Ministries in 2014, our goal has always been the same – to help modern girls understand and live out God's timeless truth for womanhood. In a day and age when girls and women receive so many conflicting messages about their value, purpose, and identity, they desperately need to know that the only one who can define them is the One who created them.





# APPS FOR YOUNGER GIRLS

\*click on underlined title to view link

## [SUPERBOOK KIDS BIBLE](#)

**Recommended Age: 5-11**

This FREE Kid's Bible app brings the Bible to life for the entire family with a full Bible, videos, images and engaging interactive games. Featuring thirty nine (39) full-length, FREE EPISODES from the Emmy nominated Superbook series including David and Goliath, The Ten Commandments, Daniel and the Lions' Den, The First Christmas and more Bible stories!

## [NOAH'S ARK STORYBOOK](#)

**Recommended Age: 4-6**

This is the classical biblical story of Noah and the ark he built upon God's instruction to save the animals. This story provides endless hours of pleasure, through its beautiful and instructive storyline and fascinating interactive scenes. Teach your children to set an example in life and lead the way. The Bible stories have never been more fun!

## [BIBLE COLORING BOOK](#)

**Recommended Age: 4+**

If coloring games are something your kids enjoy, BIBLE COLORING BOOK is a great choice for them to LEARN ABOUT JESUS IN A FUN WAY! Download the app & enjoy!

## [BIBLE APP FOR KIDS](#)

**Recommended Age: 4+**

The Bible App for Kids is the newest member of the YouVersion family of apps. Available now for iPhone, iPad, and iPod touch, the Bible App for Kids is always completely free! Through interactive adventures and beautiful animations, kids explore the big stories of the Bible. The Bible App for Kids is a delight-filled experience designed to encourage kids to return again and again. It's the beginning of a lifelong love of God's Word.

## [BIBLE MEMORY KIDS | \\$4.99](#)

**Recommended Age: 5-11**

From the maker of Scripture Typer, the #1 Bible memory app, comes Bible Memory Kids! Bible Memory Kids makes Bible memory fun and easy. Kids can memorize by themselves, even if they can't read!

Proven Deep Learning Engages 3 Areas of Sensory Memory:

- Mnemonic images engage visual & spatial memory
- Scripture songs engage auditory memory
- Single-key, simplified & guided typing engages kinesthetic (touch) memory

## [YOUVERSION](#)

**Recommended Age: 8+**

It's hard to stay centered on God & His Word. That's why the free YouVersion Bible App gives you tools to seek God's heart daily: listen to audio Bibles, create Prayers, study with Friends, explore 2,000+ Bible versions, and much more.

Explore the Bible with your closest friends. Share honest conversations about Scripture with a trusted community. Grow together and share what you discover.





# APPS FOR OLDER GIRLS

\*click on underlined title to view link



## MINTED TRUTH

**Recommended Age: Middle/High School**

Minted Truth is an online resource inviting middle school and high school girls to know God's Word. With biblical studies spanning the Old and New Testament, Minted Truth provides Christ-centered in the hopes of girls encountering the Lord's presence and experiencing biblical community. The Minted Truth App allows teen girls to easily study the Bible--anytime and anywhere! Follow along with current studies, access Scriptures with a built in Bible, or choose any one of our old studies to study with your friends, small group from church, or classmates!

## MEMORY BIBLE

**Recommended Age: 13+**

The Bible Memory App is the ONLY complete, all-inclusive Bible memory system that equips you to easily MEMORIZE, ORGANIZE, & REVIEW verses on your own, customizable review schedule. You can even memorize & review verses while READING your Bible, all in one app!

## READ SCRIPTURE

**Recommended Age: 13+**

The goal of Read Scripture is that everyone would read the Bible for themselves and discover the truth and beauty of God's Word. To this end, we are curating a year-long Bible reading plan and supplementing the reading with amazingly creative videos (produced by our friends at the Bible Project) that explain every book of the Bible, major theological themes of the gospel, and tips on how to read the Bible.

## DWELL

**Recommended Age: 13+**

Dwell lets you listen to Scripture the way that fits you. Explore Scripture through daily listening

plans, topical playlists, curated stories & passages, and more. Choose from ten genuine voices, each passionate about reading Scripture.

## FIRST FIVE

**Recommended Age: 13+**

Transform your time with God using the First 5 app, developed by Proverbs 31 Ministries. We believe in giving the Lord our firsts! So it only makes sense for us to give Him our first thoughts of each day. First 5 was specifically designed to greet you with a short teaching in God's Word first, before you get distracted by social media and everything else screaming for your attention. It will equip you to better study and know the Word of God.

## ECHO PRAYER

**Recommended Age: Middle/High School**

We believe that prayer is a powerful and effective way for us to connect with God. If you're anything like us, the biggest obstacles that keep you from praying are difficulty organizing or keeping a list of your prayers, and then actually remembering to pray for those things when life gets busy. Echo was created to solve these problems, and to give you space to engage with your Creator.

## SHE READS TRUTH

**Recommended Age: Teens/Young Adults**

Designed with this community in mind, the She Reads Truth Bible + Devotional app is a beautiful, functional, and accessible Bible-reading tool created to help women from around the world to connect with God's Word and each other, anytime and anywhere. Whether your Truth time comes in the early morning before the world wakes, during a lunch break at your desk, or in the middle of the night with a baby in your arms—the She Reads Truth app brings your quiet (or not so quiet) time to you, right where you are.

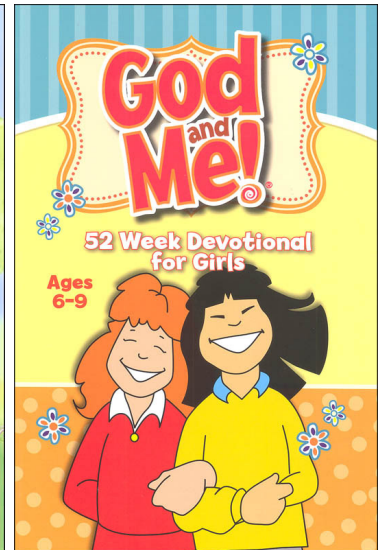
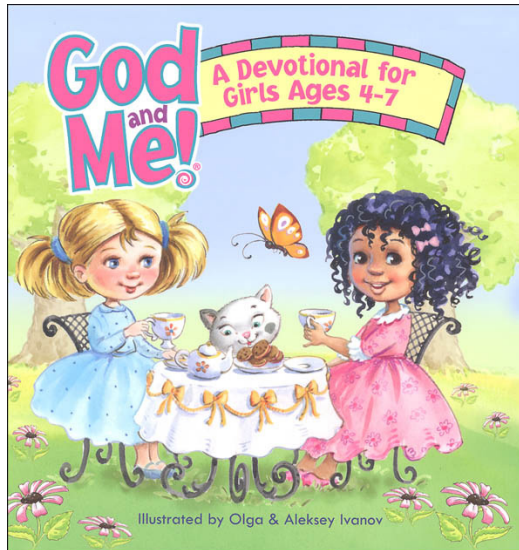
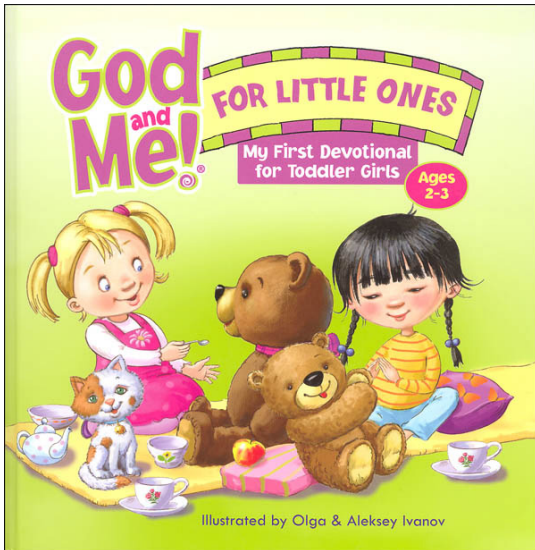




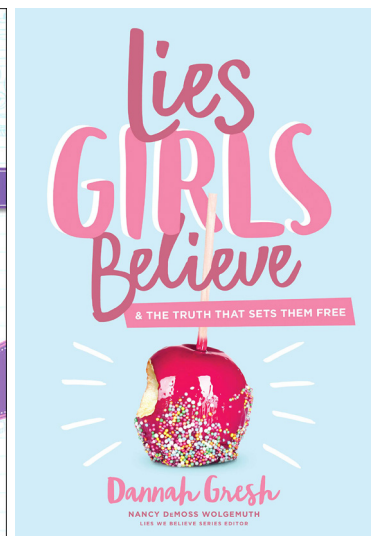
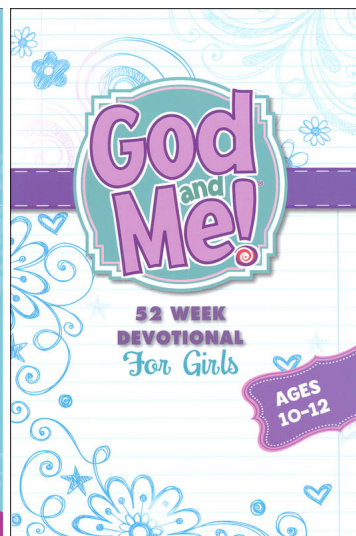
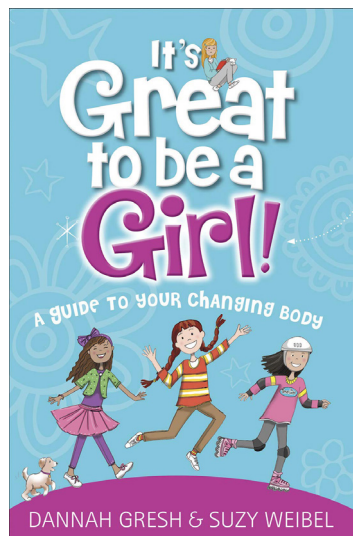
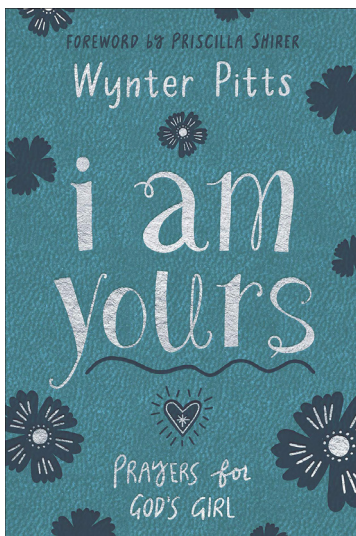
# BOOKS FOR GIRLS

\*click on book to view link

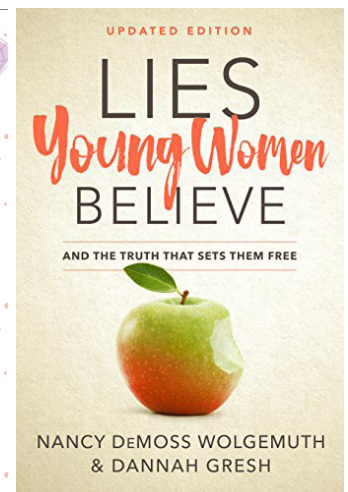
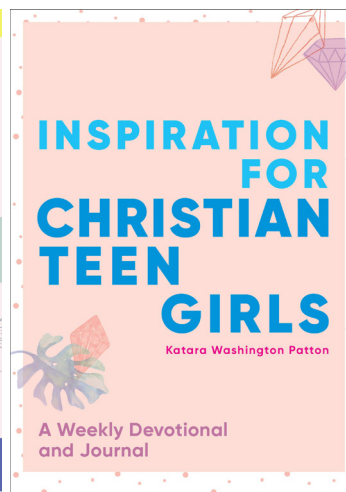
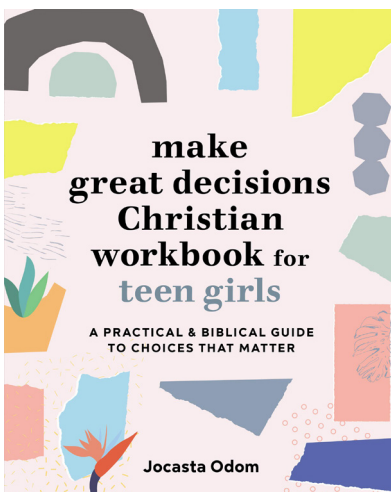
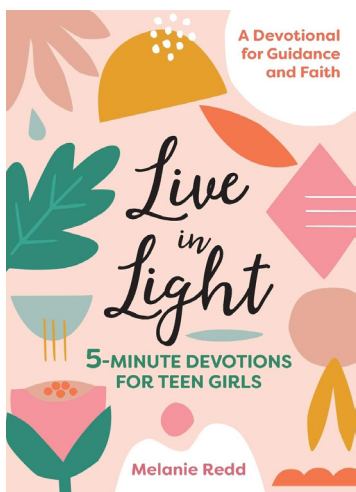
## LITTLE GIRLS: AGES 2-9



## TWEEN GIRLS: AGES 9-13



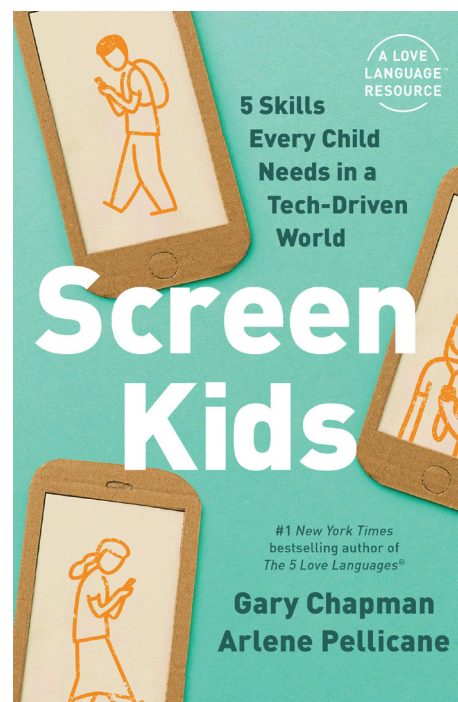
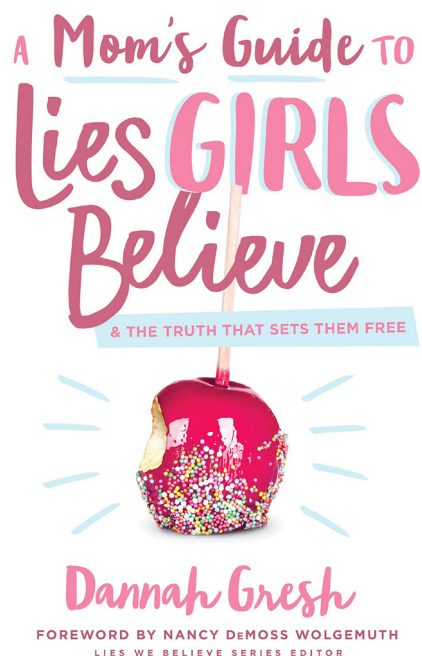
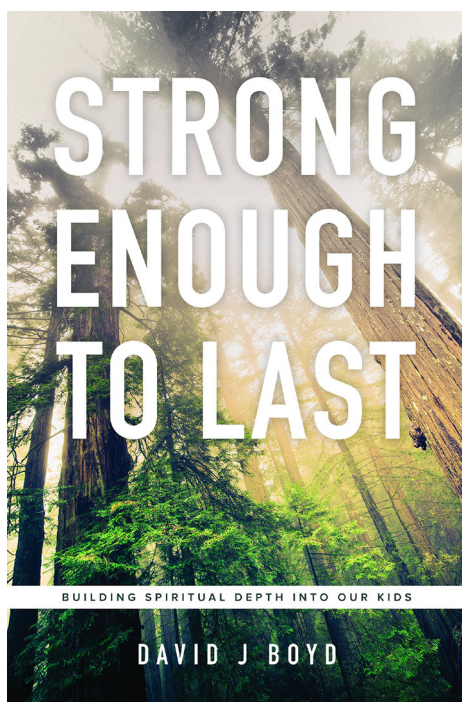
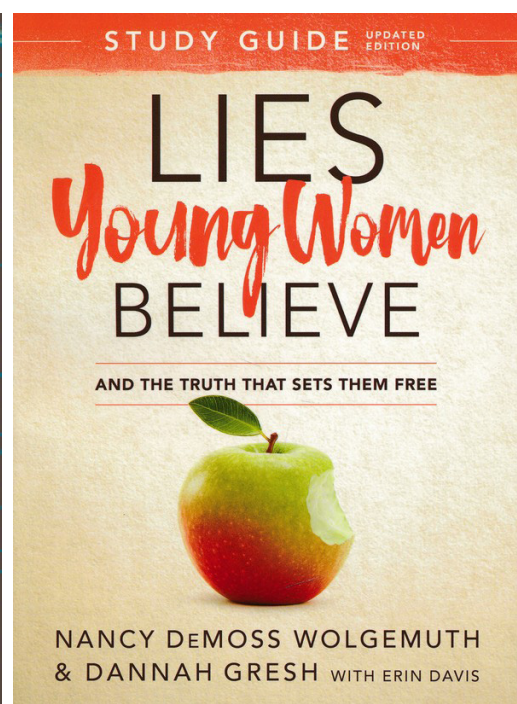
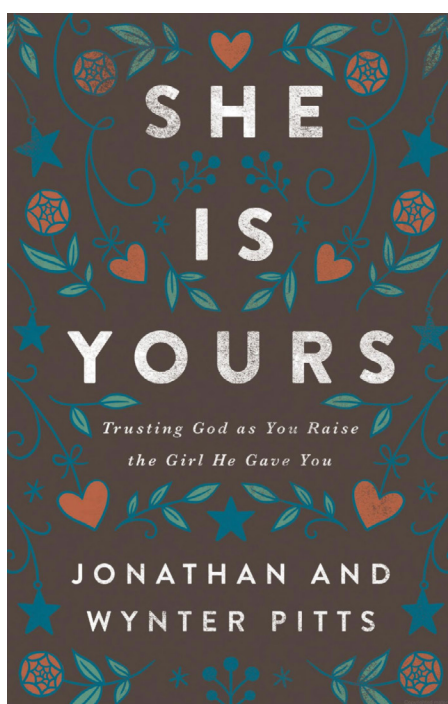
## TEEN GIRLS: AGES 13-18





# BOOKS FOR LEADERS AND MOMS

\*click on book to view link





# GIRLS' PROJECT

## *baby hope club*

### **BABY HOPE CLUB**

Exists because every baby deserves the hope of tomorrow. This outreach, sponsored by Girls' Ministries, helps babies born to young women living in the International Pentecostal Holiness Church (IPHC) [Royal Home](#). The Baby Hope Club funds are given to the Royal Home to purchase things for the babies like diapers, formula, bottles, toys, etc. God's Word confirms that every baby deserves the hope of tomorrow: "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future," Jeremiah 29:11 NIV. Please consider participating in Baby Hope Club.

### **HOW DOES BABY HOPE CLUB WORK?**

Baby Hope Club is promoted by Girls' Ministries leadership. In the early stages of Baby Hope Club, baby shoe banks were purchased through the IPHC General Girls' Ministries. Baby bottles are a better collection device. As banks are filled, money is forwarded on a quarterly basis to Royal Home! You can create your own banks and have everyone collecting money for this tremendous need.

### **HOW CAN I GET MY OWN BANK?**

If your church happens to still have some of the baby banks around, feel free to use those. If not, we implemented an alternative idea which allows you to purchase baby bottles. This ministry is worthy of our support, so please consider implementing it in your church.

### **CONTRIBUTIONS CAN BE SENT TO:**

IPHC Ministries - Baby Hope Club #02116P  
PO Box 270420  
Oklahoma City OK 73137

If you have any questions, contact your local Girls' Ministries coordinator, conference Girls' Ministries director, or the IPHC Girls' Ministries at [girls@iphc.org](mailto:girls@iphc.org) or call 405-792-7154.

### **SANCTITY OF HUMAN LIFE WEEK (SOHL)**

Falls in January around the landmark date of Roe vs. Wade. This is a great time to highlight Baby Hope Club and how it benefits the unborn children of the [IPHC Royal Home](#).



# PRAYER

## emphasis

### PRAYER

This year, we have been collecting topical prayers from women all across the IPHC. These prayers were written with our girls in mind.

Each prayer begins, “For the Girl Who...” Click on the prayer below view the full prayer on instagram.

[For the girl who is lonely](#)

[For the girl who feels invisible](#)

[For the girl who going through heartbreak](#)

[For the girl who loves to teach](#)

[For the girl who feels like she has no value](#)

[For the girl who feels overwhelmed](#)

[For the girl who is worried](#)

[For the girl who who feels she is not enough](#)

[For the girl who didn't get to say goodbye](#)

[For the girl who struggles with comparison](#)

[For the girl whose father has left](#)

[For the girl who thinks she can't](#)

[For the girl who loves to serve](#)

[For the girl who is a pastor's daughter](#)

[For the girl who is afraid](#)

[For the girl who is anxious](#)

[For the girl who is far from home](#)

[For the girl who overlooked](#)

[For the girl who is uncertain](#)

[For the girl who is contemplating suicide](#)

[For the girl who feels friendless](#)

Prayer is vital. **James 5:13** says, “Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.”

In joy and sorrow, prayer is the answer. Let your own life serve as an example that prayer is the first response in good and bad situations.

Take opportunities to teach your girls how to pray. Send them a link to our Girls' [Instagram/Facebook](#), and encourage them to read through these prayers.

Give them opportunities to practice talking to God within your meetings, so they feel confident when they are on their own.

While you encourage them to cultivate a relationship with God, pray for their prayer life to become natural and second nature.

The next two pages are printable prayer cards. In moments you are not with your girls in person, take these cards out, and use them as prayer prompts. You can also hand these out to girls in your group to keep with them when tough moments come.

Many prayers have been written, but we need more! If you would like to participate by writing a prayer or suggesting someone who can, email [girls@iphc.org](mailto:girls@iphc.org).



for the girl who is

AFRAID

for the girl who is

ANXIOUS

for the girl who is

LONELY

for the girl who is

UNCERTAIN

for the girl who struggles with

COMPARISON

for the girl who didn't get to say

GOODBYE

for the girl who feels like she is not

ENOUGH

for the girl going through

HEARTBREAK

for the girl who is

OVERLOOKED



Lord, I pray for Your daughter today. May You see her in the midst of her loneliness and surround her with Your presence? Will You hold and comfort her? Remind her that You call her Your friend. When it seems that You are far from her, may she remember that You will never leave or forsake her. Father, be an ever present help in her time of need. Let Your Word dwell in her heart and always remind her that she is a child of God. Please embrace her mind with thoughts of hope. Surround her with people who will encourage and love her. May she feel seen by You, because You are El Roi, "the God who sees."

#### GENESIS 16:13

Lord, thank You for Your sweet girl. I pray that You surround her and give her peace as she feels many emotions of not being able to say goodbye to a person she loves. May You be there every day, letting her know that it is okay to be sad and weep because even You wept, Jesus. Please help her to be able to extend herself and others' grace as she is walking through this pain. In the moments where she feels overwhelmed by sadness, I pray that she will feel your gentle presence. Please help her know that she can fully rely on you to be her strength in good and bad. Thank you for the constant grace and foundation we find in You. In Jesus' name, Amen.

#### MATTHEW 11:28

Father, today I pray for the girl who feels left out, forgotten and struggling to find a reason to keep going. May she feel Your overpowering love today, knowing she is seen, completely. She is chosen and not forgotten by You. May she know her value is found not in people's thoughts or opinions of her. Rather, let her confidence be found in being Your treasure. May that be a guiding thought on which she stands, makes her decisions, and lives her life! I pray that this girl finds her purpose in You. May she believe in the worth that You give her. There is a reason you created her, and You have a plan for her life.

#### DEUTERONOMY 7:6

Father, I pray for the girl who is anxious today. You know her thoughts and her deepest fears. I thank You that You are her peace. You calm her fears, and You bring hope and strength. I thank You that perfect peace and joy are found in Your presence. Help Your daughter find peace as she prays and worships You. Surround her in Your love and guard her mind from anxious and fearful thoughts. Keep her mind fixed on You and all that You have done. Thank You, Father, that there is no fear in love, and You love Your daughter with an everlasting love!

#### PHILIPPIANS 4:6-7

Lord, I pray for Your special daughter today. I ask that You would show her how important and unique she is. Open her eyes to see that You have made her exactly the way she is for a reason. Show her that she has a specific purpose and calling on her life. Let her eyes continuously be fixed on You. Allow her to gain her worth from the God who made her. Place people in her life to encourage and lead her in Your ways. Equip her into the godly woman that You have made her to be. Amen.

#### PSALM 139:14

Heavenly Father, I pray for Your daughter today. I ask that you make Your presence known to her right now. Thank You for always being ever present in the midst of our pain, for it is never wasted. Your Word says that You are near to the broken-hearted (Ps.34:18). Lord, I ask that You embrace Your daughter whom you love so dearly. Speak tenderly to her and restore her heart. May she choose joy today, for it is hers for the taking! For Your joy is her strength!

#### ROMANS 8:18

Lord, I come to You today and ask that You would be with the girl who is afraid. I pray that she truly believes that You are with her and You never leave her side. Lord, let faith rise up inside of her as she turns her fears, worries, and anxieties over to You. I ask that in this moment she feels Your peace fall over her so strong that her fears completely disappear. Help her turn to You for comfort when she is afraid. Thank You, Jesus, for being our protector and for never leaving our side. We love You. In Jesus' name, Amen.

#### PSALM 56:3-4

God, I thank You for this girl who is uncertain. Help her to know the direction that is best for her. Give her Your peace in the confusion and a joy unlike any other in this period of waiting. Please give her clarity and lead her to the answers she is seeking. Comfort her in the stressful times and give her rest from the weariness of constant questions. Help her know that You see her and that her situation is not unnoticed by You. Remind her that You have a plan for her greater than her imagination could ever conceive. Help her to see You as trustworthy and as the personal, loving God that You say You are. It's in Your name I pray, Amen.

#### PROVERBS 3:5-6

Lord, I pray for Your daughter today. Show her Your love and let her know that she's loved by the person who IS love! I pray that she can see herself through Your eyes and know that she is fearfully and wonderfully made. May she know that she is made in Your image. When she feels as though she'll never be pretty enough, skinny enough, tall enough, short enough, or just enough, I pray that she will look to You for her worth and not to the people around her. I pray that You will surround her with people that will build her up and not tear her down. May she know that she's is enough, in Jesus' name!

#### PSALMS 140:13-14