		.•		
ELE DAY	MENTAR BOOK	Y GIRL	3	luly
monday	tuesday	wednesday	thursday	friday
I love that Jesus came to Earth, defeated sin AND death so we may be free! Today, thank God for setting us free from sin and death!	Once Jesus died on the cross for us we became completely free! That means that nothing we say, do, or think can ever take that freedom away.	When we spend time with Jesus we experience His truth and when we know the truth it sets us free!	Wherever the Lord is there is freedom. When we have Jesus in our hearts He goes with us, meaning freedom follows us!	Now that we have been set free, God is now calling us to tell others about the freedom He gives us. Think of someone you know that doesn't know Jesus and pray for them.
Romans 8:21 1	Galatians 5:1 2	John 8:32 3	2 Corinthians 3:17 4	Isaiah 61:1 5
Freedom				
Have you ever been super worried about something? Maybe what you are worried about is super big or maybe it's small, either way God tells us that we don't have to worry but all we have to do is pray and God will take care of the rest!	I love that we never have to worry about our current situation because if we are only still and trust God, He will fight for us!	The God of all the universe cares for us! He cares about our BIG needs and our small needs. Today, tell God your need and know that He cares about you!	Jesus doesn't promise that every day will be filled with glitter and unicorns (although that would be cool!) He knows that there will be days that will be bad, but He tells us to have peace because He has overcome all troubles!	When Jesus came He left us His peace that is unexplainable! We don't have to worry or be afraid of what's to come because God is with us!
Philippians 4:6-7 8	Exodus 14:14 9	1 Peter 5:7 10		John 14:27 12
Peace				
When we spend time with Jesus at church, in our rooms, in the car, and everywhere we go, God will fill us with His overwhelming and unexplainable happiness called joy! Today, ask God to fill you with joy!	Jesus is the source of our happiness so today be glad in what the Lord has done for you and thank Him for it!	If you're ever not having a good day, pray! When we are in His presence we will receive strength and joy.	Jesus can turn our no good, very bad day and all our tears into dancing and into joy!	Think of all the things God has given you a house, food, and even a family! Thank God for all those things and be joyful!
Psalm 16:11 15	Philippians 4:4 16	1 Chronicles 16:27 17	Psalm 30:11 18	Psalm 126:3 19
Joy				
The Lord is holy and is worthy to be praised! How can you worship God today? By thanking Him? Singing to Him?	God has been so good to us and He is worthy of all our praise! Today, find a way to give God praise for all He has done!		When we come to Christ we should enter His Presence with praise and thankfulness! How can you praise and thank God today?	Isn't it pretty cool that we can praise God by dancing?! Get up and praise God with your dancing today!
Psalm 99:5 22	Psalm 100:2 23	2 Kings 17:39 24	Psalm 100:4 25	Psalm 150:4 26
Worship				
Take a deep breath. Now let it out. You have breath! Today, praise God with your singing.	Don't be silent in your praise! Jump up, dance, sing, and give Him your very best!	God is so good to us! Every day He gives us a reason to praise Him. Today think of three ways God has been good to you and praise Him for it!		
Psalm 150:6 29	Psalm 30:12 30	Psalm 135:3 31		
Worship				

