## Teen Girl Daybook

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-	monday	tuesday	wednesday	thursday	friday	saturday	
	As we celebrate the inde- pendence of our nation, let's also celebrate the freedom we have in Christ! We can do this by using our freedom to love and serve others! Galatians 5:13 1	We've all been to middle school history class. We know how the United States got its freedom, but what about us? The Bible tells us we can have freedom by knowing and fol- lowing its commandments! Psalm 119:45 2	No matter what, nothing that you can say, do, or think will separate you from God's free- dom as long as you are willing to seek the Spirit of the Lord, which is everywhere! 2 Corinthians 3:17 3	Have you ever felt over- whelmed by the pressure to do everything right? God un- derstands that and is telling you that under His grace there is freedom from that pressure! Romans 6:14 4	There are so many things in this world today that hold people captive and strip their freedom from them. But Christ frees us from captivity and breaks the chains of the enemy on our lives. Isaiah 52:2 5	No matter where you are, God wants you to be free. He wants you to call on Him in your time of need. When you do this, the Lord will bless you and give you the freedom you need. Psalm 118:5 6	
Freedom in Christ							
t C ir	School is out, and summer break is in full swing, but this doesn't mean you should be taking a spiritual break as well. Continue to seek after the Lord n all you do and don't fall prey o the temptation of slacking in your prayer life.	Always is a strong word, it's an absolute, and rarely used be- cause very few things live up to its expectations. However, when God inspired this verse He used this absolute to emphasize the importance of having joy that only comes from the Lord.	There is no greater relationship in this universe than with God. The crazy thing is that all we have to do to get it, is spend time with Him. Don't pass up opportunities to get to know the God of the universe better.	Success always sounds like a good goal, and when it comes to an overall successful life, some people search their whole lives for an answer. Thankfully we have a perfect book that will guide us to success if we stay rooted in its words.	Jesus, the perfect being, knew the importance of continually seeking after God. If our goal is to be like Jesus, then we should have the same desire to call on the Lord as Jesus did.	Endurance runs don't have breaks halfway through, and neither should our relation- ship with Christ. With God's help we can push through to the finish line.	
1	1 Thessalonians 5:17 8	Philippians 4:4 9	James 4:8 10 Summer Break…N		Mark 1:35 12	Hebrews 12:1 13	
1	God delights in our confi- dence and gives it to us when we come to Him. This summer will be the summer of confi- dence and boldness for you. All you have to do is live it out!	If you find yourself feeling in- adequate, or unloved, speak this verse over your life, and live in its truths. Ephesians 2:10	The God of creation thinks about you specifically! A lot! He loves and validates you so much more than any boy or app could.	The people you surround your- self with this summer could make a huge impact on your confidence. Choose wisely who you let speak into your life.	Is rejection stealing your confi- dence? Know that Christ will never reject you and that His love is so much greater than any worldly love.	A spirit of fear is not from the Lord; therefore, you must re- buke it and be bold in believ- ing in the Spirit's power. When you believe in it, you will be able to live it out.	
f	1 John 3:21-22 15	Ephesians 2:10 16	Psalm 139:17-18 17 Summer C	Proverbs 10:11 18	Romans 8:35 19	2 Timothy 1:7 20	
li	n this time of new experiences in the summer, it's possible you will meet some new people. How amazing would it be to lead these new friends to the Lord?	Whether it's across the globe or across town, traveling is a great time to experience new things and people. Take time to encourage these people you wouldn't normally meet.	Summer is a great time to make new friends. Whether it's at a camp or a new job, these people can impact your life a lot. It's important to allow the right friends to impact you.	While traveling or just slowing down at home, take time to appreciate God's creation. Appreciate the vastness and the details, as well as the love that He shows us through it.	In the 21st Century it's easy to waste our days staring at a screen. Make this the summer you break the cycle and be intentional about not being distracted from the things around you.	Fear of missing out, known as FOMO, is a real issue. This comes from jealousy and lack of confidence. God knows His perfect plan for you. Don't get caught up in the plans God has for others.	
6	Matthew 28:19 22	Matthew 4:23 23	Proverbs 18:24 24	Colossians 1:16 25			
New Experiences							
0 0 11	Now that school is out, and the assignments are over with, take a deep breath and appreciate he calmness of summer. If your summer is the opposite of calm, call on God to take your worries away and He will! 1 Peter 5:7 29	Maybe summer isn't living up to the expectations you had. The Bible tells us life isn't always going to be easy, but we can have peace through it all, be- cause of Christ the Over- comer! <b>30</b>	Summer is God's gift to us. The, hopefully, slower pace is a per- fect opportunity to rest and re- flect on how great our God is. Psalm 23:2 31	Bog	67.(		
	John 16:33 Take Time to Relax						

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