



The
ONE
YEAR®

THE ONE YEAR®
DEVOS
for **TEEN**
GIRLS

DANNAH GRESH
and SUZY WEIBEL

THE ONE YEAR[®]
DEVOS *for* **TEEN GIRLS**

THE ONE YEAR®
DEVOS
for **TEEN**
GIRLS

DANNAH GRESH
and SUZY WEIBEL



Tyndale House Publishers, Inc.
Carol Stream, Illinois

Visit Tyndale online at www.tyndale.com.

TYNDALE, Tyndale's quill logo, *The One Year*, and *One Year* are registered trademarks of Tyndale House Publishers, Inc. The One Year logo is a trademark of Tyndale House Publishers, Inc.

The One Year Devos for Teen Girls

Copyright © 2013 by Dannah Gresh. All rights reserved.

Cover photo copyright © Michael Flippo/iStockphoto. All rights reserved.

Interior footprints copyright © Leontura/iStockphoto. All rights reserved.

Designed by Jacqueline L. Nuñez

Published in association with literary agent Mike Keil, 3040 Americus Dr., Thompson's Station, TN 37179.

Unless otherwise indicated, all Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked NIV are taken from the Holy Bible, *New International Version*,® *NIV*.® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com. (Some quotations may be from the previous edition of the NIV, copyright © 1984.)

Scripture quotations marked ESV are taken from *The Holy Bible*, English Standard Version® (ESV®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked *The Message* are taken from *The Message* by Eugene H. Peterson, copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission of NavPress Publishing Group. All rights reserved.

Scripture quotations marked NASB are taken from the New American Standard Bible,® copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission.

ISBN 978-1-4143-7159-7

Printed in the United States of America

19	18	17	16	15	14	13
7	6	5	4	3	2	1

Introduction



Well, girls, here we go! It's going to take you a full year to do these devotions, and it's taken us about a full year to put them together for you. That's an even exchange!

We set out to tackle your top concerns. The first thing we did, as a matter of fact, was send out an e-mail to one hundred college girls we know personally and ask them this question: *When you were in high school, what were the top ten topics you wish someone had challenged you with?* The girls were a great help to us, and we salute them!

This devotional is not set up chronologically. In other words, you can begin your journey any day of the year. To get the most out of it, we recommend you do a couple of things. First, be diligent and purposeful. Keep at it for the full year, setting aside a specific time each day to tackle your devotional—the earlier in the day, the better. Second, be sure to work on each day's action step. These will put muscle behind what your mind encounters. James 1:22 says we must not merely listen to what God's Word says. That would be like reading each day's devotion and leaving it at that. We must also do what the Word says, and that is the purpose of these action steps. If you complete them, you are fulfilling James's command that we are not only hearers of the Word, but doers as well.

Each month tackles a different issue you come face-to-face with as a follower of Christ. Every week or so we'll switch angles and get a fresh view of the topic we are tackling. Are you ready to be stretched? If you're not exhausted and exhilarated at the end of this year, then we haven't done our job. But the race is up to you. Persevere. Stick with it. It will be an uphill battle at times, and you will grow weary . . . but run in such a way as to win this race!

On your mark. (The crowd roars.) Get set. (A hush falls.) Go!

We're running this one with you,

Dannah and Suzy

JANUARY 1

What Does God Want from Me This Year?

O people, the LORD has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God. MICAH 6:8

It's a brand-new year.

Clean slate.

Let's see if we can start the year by figuring out what God wants.

Are you supposed to date that boy? Get a job? Go on that missions trip this summer? Think of something you really want to do, and let's filter it through the Word of God.

The good news is that God keeps things pretty simple for us. We tend to complicate things as human beings, thinking we need to know exactly what God wants us to do.

God is our Father. He loves us, so he keeps it simple. What does he want from us? It's right there in the Bible verse at the top of the page. Choose what you will, but follow these three precepts from Micah 6. If anything you want to choose violates even one of those three commands, then you are outside of God's will. Simple.

1. *"Do what is right."* Do only what is good for everyone. We are not to harm others, be it emotionally, physically, or even while joking. So whatever you might choose, be certain that no one is harmed.
2. *"Love mercy."* Since you have been forgiven a great deal, you should show the same measure of forgiveness to others. That's what mercy is: showing compassion or kindness even when the other person doesn't deserve it.
3. *"Walk humbly with your God."* This means we understand God's plan is better than ours. He is God, and we are not, so he gets the final say in all matters. Dating a nonbeliever? Not debatable. Dressing immodestly? Not an option. Being part of a church? It's essential—no ifs, ands, or buts. To not follow God's precepts is to vainly challenge his lordship.

So, that question you had about what to do. What's the answer?

*Action***STEP**

Use Micah 6:8 to make all your decisions this year. Memorize the verse, and invite God to bring it to your mind often.

JANUARY 2

Notice Someone

Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt you. JAMES 1:27

Today, I (Dannah) noticed someone.

She was a sweet older lady sitting on a park bench, and for some reason God drew me to her like a magnet. I didn't know why, but I was supposed to make a beeline for her.

I did.

After awkwardly talking about our nails, I told her I thought God wanted me to encourage her with hope. She began to weep. She was, in fact, a believer in Jesus but was really discouraged. She had just been asking him if he saw her.

He did. And I got to tell her so.

How often do I walk by people in need and ignore them? How often do you?

Our verse for today is God's simple instructions. He tells us what true religion looks like (the word the writer James uses for *religion* refers to the outward practice of religion observable to others—how we act). Again God keeps things simple for us. Through James, God is saying, "I want you to take care of the downtrodden, and I want you to avoid the pitfalls of this world. That's what it looks like to love me and to follow me." It's no easy thing to meet the needs of other people. People have a lot of needs! Would we even have any time for a job or sports or to get our homework done if we were constantly dropping everything for someone in need? Probably not. But we can keep our eyes and hearts open to find the person (or people) God wants each of us specifically to help. God has a way of showing us when we ask him to!

The other way we show God we love him is by avoiding the corruption of this world . . . and that's not easy either. Cheating, lying, tricking our teachers or parents or friends, stealing, violating any law, escaping our responsibilities. . . . The list of how this world's corruption can be tempting goes on and on. But the bottom line is that we're called to avoid those pitfalls. It's simple, but not easy. That's how God rolls. And that's why we need to stay close to God to receive the help we need to show genuine religion.

ActionSTEP

Take the first step: notice someone in need.

BIG ACTION STEP: Do something about it.

DG

JANUARY 3

Meet with Me

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Later Simon and the others went out to find him. When they found him, they said, "Everyone is looking for you."

MARK 1:35-37

God wants to hang out with you. Seriously. Just like you can't wait to hang out with your friends? God wants to hang out with you.

One of my favorite books is *My Heart—Christ's Home* by Robert Boyd Munger. The lead character (meant to be "everyman"—you and me) invites Jesus into his heart and asks him to make a home for himself there. Jesus asks for a tour of the man's home and heart, but the man suddenly wants to clean up before Jesus can sneak a peek. In his home, the man has embarrassing magazines, food that tastes like greed and selfishness, an unused workshop, and things rotting in the closet.

But the living room is cozy and inviting, and Jesus immediately expresses a liking for the space. He offers an invitation—every morning he will be waiting for the man in an overstuffed chair by the fireplace. This chance to meet one-on-one with Jesus every day is thrilling—and for a time the two meet daily. But slowly the pressures of the man's schedule begin to crowd out the time he has available to meet with his houseguest. One day while rushing out the door, the man catches sight of Jesus sitting quietly by the fireplace. Sheepishly the man enters the room and apologizes, realizing Jesus has not missed even a single day waiting for him. And then Jesus utters a profound line: "You have forgotten that this hour means something to me also."

Have you, like I sometimes do, begun to believe you are the only one who benefits from meeting with God? We get so "busy" with life that we don't even realize that God is missing that time with us like we are missing that time with him.

Here's the fix. Jesus prayed *early*, according to today's verse. The early morning is the ideal time to meet with God—before phones ring, friends text, or bacon starts sizzling. Go peek in that living room right now. I know you'll find him waiting. Every morning. He is there.

*Action***STEP**

Make it a goal to get up earlier to do these devos and read the Scriptures included . . . all year long.

JANUARY 4

Help Someone

Even the Son of Man came not to be served but to serve others and to give his life as a ransom for many. MATTHEW 20:28

“Everybody can be great . . . because anybody can serve. . . . You only need a heart full of grace. A soul generated by love.”

MARTIN LUTHER KING JR.

Consider some of these amazing studies of human behavior as it relates to serving others. The results are stunning:

- Cornell University discovered from a test field of hundreds of retiree volunteers that fewer health problems were reported than from retirees who do not volunteer.
- Over a course of nine years, Dr. Larry Scherwitz at University of California–San Francisco found that men who frequently used the words *I*, *me*, *my*, and *mine* were far more likely to suffer heart attacks. Those words themselves are not dangerous, but they are indicative that the subject feels isolated from other people and thus focuses on himself more.
- Dr. David McClelland from Harvard took saliva samples from students before and after having them watch a film featuring Mother Teresa caring for orphans in Calcutta, India. After the film, students registered a tremendous increase in salivary immunoglobulin A, an antibody designed to protect the human immune system. Just thinking about doing good makes us healthier!

We are created in the image of the living God—created to draw life by giving life to others. Thank God this world is bigger than you and me, right? There are places to go and things to do . . . and life to be gained.

*Action***STEP**

Sign up to volunteer somewhere. Take a friend with you—someone who needs an immunity boost!

JANUARY 5

Go against the Flow



Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

ROMANS 12:2

Crowds are unbelievably influential. Pontius Pilate was swayed when crowds demanded the thief Barabbas be released and Jesus crucified. Even recently, crowd hysteria allowed one group of protesters on Wall Street to gain enough influence that "Occupy" groups cropped up in over eighty-two countries. Of course, not everyone knew just what the group was occupying. One protester, when asked, said, "Everyone, let's just sit here and wait for nothing to happen, so that eventually something happens."

Public opinion is not always sensible. Miley Cyrus's nineteenth birthday party landed on YouTube, with Miley making a comment about smoking "too much *#! weed." One site conducted a poll: Do you think Miley Cyrus gets unfairly criticized? Of the site visitors who responded, 81 percent said, "Yes! It's unfair!" Thirteen percent said, "No, she's a role model and should act as such." This left 6 percent of the population undecided. The poll is neither scientific nor is the website very respectable, but the statistics were telling nonetheless. People simply do not have much of a foundation on which to build opinions.

Paul urges us in Romans to gain a foundation. There are two places we can build. We can build on this world, but we already know from both Jesus' parable about the wise and foolish builders (see Matthew 7:24-29) and the story of the three little pigs that if we build on a firm foundation we will have much greater success. The foundation for our opinions and decisions must be formed by every word that proceeds from the mouth of God. Our minds will then be transformed so we not only know *what* God says, but we are also *aligned with* his thoughts. His will and his passions become our own when we are made a new creation!

Will the crowd always be wrong? Not likely. But chances are if "everyone is doing it," "it" deserves prayer and a second look. Better cross crowd mentality off the list of good decision-making tools!

Action **STEP**

Think about an area of your life where you stand alone in a decision or an opinion. Avoid being confrontational or prideful—in fact, you may even want to keep your opinion to yourself. Be sure it is based on biblical truth rather than a desire to be different from everyone else.

JANUARY 6

Get out of Your Comfort Zone



"Why is the LORD taking us to this country only to have us die in battle? Our wives and our little ones will be carried off as plunder! Wouldn't it be better for us to return to Egypt? . . . Let's choose a new leader and go back to Egypt!" NUMBERS 14:3-4

Extroverts are people who are fueled by spending time and interacting with others. Introverts are drained by stimulation and need more alone time for their batteries to recharge. Dannah and I are both introverts. I have a distinct strategy at parties. I head for the quietest corner of the room and hang out with whoever joins me. My husband, Jonathan, however, is a true extrovert and flat out works the room. If you have been at a party with Jonathan, you know he was there! I am learning to be much more intentional in social situations, thanks to Jonathan's influence. I don't want to miss out on any God appointments!

Yes, God has a strategy too. His plan is to keep us on our toes so we can do all of the amazing things he has prepared for us. Though he provides plenty of time for recharging, his plan does not include letting us get too comfortable. Why? When we settle into comfort zones our growth is stunted. God uses trials and challenges to conform us more into his image. But, if we're not careful, when we face challenges, we can end up like the Israelites in today's Scripture.

When God led his people out of Israel they discovered that they had left one challenge (slavery) for another (homelessness). Disobedience had landed them in both predicaments, but God loved them and promised them a rescue with great honor at the end of the road. They should have known they could trust God. He had already done some pretty miraculous things to keep his promise.

In today's Scripture, God was leading the Israelites via the long route to the Promised Land. In their stubbornness, they couldn't see it. "We should just go back to Egypt!" they kept crying. I'm sure you know the rest of the story—instead of accomplishing the purposes God had planned for them, most Israelites died homeless and dispirited in the desert.

ActionSTEP

Make a "bucket list" today of three risks you would like to take for God before leaving high school—three ways you can leave your comfort zone—and begin to look for ways to fulfill that list!

SW

JANUARY 7

Stake Out Your True Real Estate



When you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. EPHESIANS 1:13-14

One day you will be ready to complete one of the most exciting transactions of your life—purchasing a house. When you go to buy that house, one of the first things you will do is make your first payment toward the house. You will write a check for \$1,000 or \$2,000 as Earnest Money. This is a cash promise that you will keep your part of the deal. If you back out on the sale, you'll lose the money. The check is not held until the sale is finished, either. It is cashed! You “own” rights to the house, although you don't get to occupy it right away.

Now think about how buying a home is similar to God's redemption of you. God built you, but before he could occupy his own home, another tenant (sin) did a number on you! You were no longer quite the showpiece he designed, stained now by selfishness and its consequences, but God had a plan. He bought you back.

Look how Paul parallels this in Ephesians 1:13: “When you believed in Christ, he identified you as his own by giving you the Holy Spirit.” The Holy Spirit is God's earnest money, a promise paid and cashed in advance! Though we are still in these old bodies, the Holy Spirit lives within us, and he is already in the process of fixing us up, because we already belong to him.

You have been purchased. A deposit has been made as a mark of God's intentions to honor his contract, and the deposit has already been paid in full. Today's passage in Ephesians says a lot of things have been done in advance for you. You were raised with Jesus (see Ephesians 2:5-6), so you already have new life. There is a spot with your name on it right next to the throne of God, so you are already part of God's family. You truly are owned, loved, provided for.

Action **STEP**

If you have professed Christ as your Savior, take some time to meditate on this powerful truth: *I am already dead to sin, living a new life, and have been given my inheritance in heaven.* If you have not taken the big step, ask yourself why not. Talk to a Christian you trust about any doubts or concerns you may have.