

A 30-Day Adventure toward
Finding Joy in Who God Made You to Be

ALL CAPS YOU

Emma Mae Jenkins



PRAISE FOR *ALL-CAPS YOU*

I think something that speaks so well of Emma and really says all you need to know about her is in the dedication of this book. She dedicates this book to the Lord, and the first thing she calls Him is “friend.” Emma is friends with God. She walks so closely with Him and lives her life with an acute awareness of His presence. That awareness of His presence and knowledge of what that means for her life fills her with the most sincere joy and confidence, and she longs to share with the world. In this book she wants to tell you about her friend and how He desires a relationship with each of us—a relationship abounding in love, hope, and joy.

MARY KATE ROBERTSON, blogger

Emma Mae carries a contagious joy that radiates from the pages of this book. She packs a positive punch with encouraging and insightful ways to let God’s truth settle deep in our hearts. You’ll be forever changed by this 30-day adventure!

REBEKAH LYONS, bestselling author of *Rhythms of Renewal* and *You Are Free*

Original from start to finish, *ALL-CAPS YOU*, written by lifelong sister and friend, Emma Jenkins, is not just a devotional, it’s a daily morning cup of coffee with a friend who will hold up the mirror for you to see yourself exactly as you are: a deeply loved, God-purposed child of the King.

SADIE ROBERTSON HUFF, author of *Live Fearless*, host of Live Original podcast

The way that the Spirit's wisdom and truth effortlessly flow from Emma is astounding. Her genuine joy and love for God reaps a newfound confidence, hope, and thirst to know God intimately in this book. These are the words of a world changer, and they are worth storing up in one's heart!

KIRBY MINNICK, speaker, YouTuber, host of Bought + Beloved podcast

In a culture where our confidence is measured by likes on Instagram and comparison increases with every post we look at, it's easy to allow our identity to be consumed by popularity, appearance, and following. In *ALL-CAPS YOU*, Emma Mae Jenkins fights against the current of culture, and reclaims our purpose and identity as sons and daughters of the Most High King. Not only does Emma speak these words boldly, but she lives them out faithfully for the Kingdom's sake, instead of conforming for the world's sake.

GABRIELLE ODOM, HowToLife movement speaker, Initiative Network core team member

As always, Emma uses Scripture, real life application, and her exuberant joy through her words to capture readers' hearts. In the pages of this devotional, you will come away encouraged, enlightened, and spurred on in whatever season you're in. Get your heart (and pen) ready to experience the love and grace of Jesus in *ALL-CAPS YOU*.

LAUREN FAITH McROBERTS, blogger, social media personality, author of *Living Out Transparent Faith*

ALL-CAPS YOU makes you want to dance, sing, and truly LIVE in ALL CAPS. Emma Mae is a true ray of the Lord's light. Her obedient writing voice takes people of all ages to the heart of their childlike faith, opening their spirit to the Father's arms willingly through this conversational devotional.

GEORGIA BROWN, influencer, host of Faith & Friends podcast

Emma Mae continues to shine the light of Christ on others in her newest book *ALL-CAPS YOU*. Her ability to make studying God's Word attainable and fun for teenagers and young adults is remarkable. In *ALL-CAPS YOU* she asks the reader to join her in a thought-provoking and Christ-centered journey into their own hearts . . . and it's a beautiful journey!

MINDY MCKNIGHT, author of *Viral Parenting*, founder of Hairitage by Mindy

Emma speaks with confidence and passion about the Word of God. With power and true conviction, she leads the reader toward the heart of God with every word. You will not regret walking through this devotional!

CHELSEA CROCKETT, author of *Above All Else*, actress, YouTuber



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Emma Mae Jenkins



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FOREWORD

Emma Mae Jenkins is a breath of fresh air. When I see someone younger who loves Jesus so sincerely and wants to teach His Word, it brings me so much excitement for the future. I was blessed to visit with Emma, and her passion in person is the same as on these pages: all she wants is for you to know and love her God and to experience the joy and delight He has given to her in your own life.

Some people look around and see the days getting darker, but I look around and see the days getting brighter. All of YOU in your places wanting to love God and wanting to make a difference in people's lives. This is the short life we've been given, and let's make the very most of it together. These pages will help in that journey.

JENNIE ALLEN, author of *Get Out of Your Head*,
founder and visionary of IF:Gathering



INTRODUCTION

When the words of the world come knocking at our door, it is very easy to tune in and give them our full attention—but these words always leave us feeling empty, unsatisfied, not pretty enough, or questioning our worth. On the other hand, the voice of the Lord never leads us astray. He is faithful to His Word, and so when He says that we are beautiful and that He will never let us down and that we are more than conquerors through His Son, these are words that we can confidently trust.

To live in ALL CAPS is to give attention and to tune into the words that God has spoken, even when the words of the world sound loud. In the Lord we lack no good thing. We are fully loved, fully chosen, and fully known by God, and therefore we can fully be who He has called us to be—we can truly live our lives in ALL CAPS. When God first gave me the dream to write this book, my heart was to share with you that the Lord has uniquely and purposefully

handcrafted each of you—and you were meant to walk in this joyful truth. My vision is to see you walk in an intimate relationship with Jesus because it is only in an intimate relationship with Him that you can fully be who you were made to be.

In every aspect of life, whether it be approval, friendships, trials, appearance, or thoughts, when God’s Word is guiding our steps, we can discover the joy of who He made us to be in all aspects. He desires for us to live abundantly, and it is only when we abide in Him that we can live as He desires.

I pray that this book encourages you to grow in love with God and the words that He speaks, and as you grow in love with who He is, may you grow in love with who you are in Him—and walk in that with boldness.

Emma Mae Jenkins

CHOOSE *to*
listen to His
VOICE.



BREAK THE MOLD

*Do not conform to the pattern of this world,
but be transformed by the renewing of your mind.
Then you will be able to test and approve what God's
will is—his good, pleasing and perfect will.*

ROMANS 12:2

The World's Mold

Going to check my phone, I take a deep breath, fearful of the messages I may find there.

Your eyebrows look like caterpillars.

You've been brainwashed into believing in Jesus.

Your singing makes my ears bleed.

You're too over the top.

You don't have to love Jesus that much.

You're crazy.

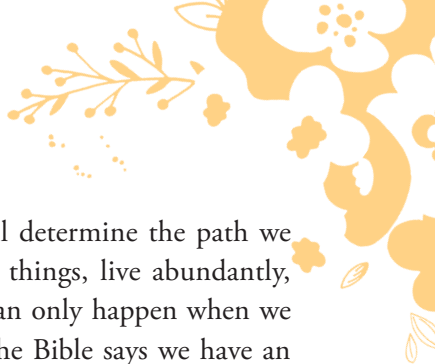
My appearance has been criticized. My smile has been ridiculed. My faith has been mocked publicly. Tears burn my eyes as the voices shout their perverted, unkind, and

disrespectful statements. On some occasions, I have taken a second look in the mirror, finding myself for a moment questioning my worth. Even if these words are not accurate, I can begin to believe them if I don't know what is true. I can feel like I need to conform to the mold the world tells me I should fit into. Pleasing people can become my focus, tempting me to compromise instead of being the free, unique, and beautiful me that God called me to be.

The hateful words still ring loud and clear, but I ask God to quiet my heart with His love.

In what ways do you see yourself trying to fit the mold? How does this hold you back from being who God made you to be?





Voices

The voices that we listen to will determine the path we take. God made us to do great things, live abundantly, and bring Him glory, but this can only happen when we choose to listen to His voice. The Bible says we have an enemy—Satan—and that his native language is lies (John 8:44). He is a liar who wants us to believe we need to be prettier, stronger, faster, smarter, cooler. The devil wants us to believe that everyone is supposed to like us and that we need to work harder until they do. Every second, the enemy works to keep us down, to keep us feeling like we're never going to be good enough. He wants us to feel like we must strive to be approved. His twisted mind-set will hold us back from being the beautiful people God knitted us together so purposefully to be (Psalm 139:13-14).

Sometimes, I forget that the real me does not need to be ashamed. I am loved unconditionally, already approved by God. Satan knows that if he can deceive me into believing that my worth is found in what others say about me, then I will miss out on the truth of who I am because of whose I am. Instead, I choose to fill my heart with what God says about me and filter the negative through God's truth. His Word equips me, and His Spirit empowers me for every good work He's planned for me (2 Timothy 3:16-17). But to walk in His truth, I must spend time

daily nourishing my soul with His Word as I rest in His constant presence.

When I am tempted to conform to the opinions and demands of others, I can choose to cling to the words of God that I have chosen to hide in my heart (Psalm 119:11).

What voices are you listening to? What does God say about you?



Don't Conform; Transform

Romans 12:2 tells us, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing, and perfect will.” To conform is to “fit the mold of” something acceptable or predetermined. The patterns of this world include whatever feels good, whatever keeps us from avoiding being singled out, whatever is against God’s best for us.

What is the opposite of conforming? To transform. To reshape, rebuild, or rearrange. When we submit ourselves to God, a reshaping of our thought process begins to take place, just like a caterpillar transforming into a stunning butterfly. Because God loves me so much, He is willing to meet me where I am, but He loves me too much to leave me there. By standing on God’s Word, we have the authority to abolish every deceiving pattern that the enemy might have crafted to destroy our uniqueness and distract us from the life God designed us to live. Fitting in truly wasn’t meant to be our goal. God has set us apart.

The beautiful process of hearing, believing, and obeying God’s Word so we can begin living out who God called us to be is called transformation, and it doesn’t happen overnight. Through the journey of daily discovering who He is and who we are in Him, we begin to seek what God

says about us, and the rebuilding, reshaping, and renewing starts to take place. Delighting in His truth, we can joyfully be the people God created us to be. Like a caterpillar, we were made to be transformed. We were made to soar in God's will, even when the world is going the other way (Isaiah 40:31). It's time to turn away from letting our identity be rooted in who the world says we are.

It's time to break the mold and embrace the joy of living all caps for God.

What does your alone time with God look like daily? How is He transforming you this week, month, year?



DEAR GOD, I TRUST THAT YOU ARE WHO YOU SAY
YOU ARE AND THAT I AM WHO YOU SAY I AM. HELP ME
TO WALK IN YOUR TRUTH NO MATTER WHAT LIES OTHERS SAY
TO SHAKE UP MY CONFIDENCE. HELP ME TO BE
TRANSFORMED BY YOUR WORD.

