



20 KEY TRUTHS

You could cut these pages out and post them in your bedroom, or write the Truths in a journal.

1.

When you feel like God might not love you.

TRUTH: God loves you **all the time, EVERY DAY**, even when you have done something bad. He doesn't want you to sin and hurt because of it, but He loves you no matter what and is always ready to forgive you. (*Romans 5:8*)

2.



When you feel like God is not enough.

TRUTH: God is all you need. He is more important than friends or grades or stuff because He is the source of everything you need. (*Philippians 4:19*)

3.

When you aren't sure if you are a Christian or not.

TRUTH: You are a Christian if you have "confessed with your mouth that Jesus is Lord and you believe in your heart that God raised Him from the dead" (*Romans 10:9*). And you will be different, because becoming a Christian changes the way you act. You want more of God and less of this world. (*2 Corinthians 5:17; 1 John 2:3-17*)

4.

When you don't feel like you are good enough.

TRUTH: No matter how you perform or who likes you or who doesn't like you, if you are a Christian, you have been chosen by God. On our own, we are not good enough, but with Him we are enough. (*Ephesians 1:4*)

5.

When you feel fat or ugly,
and feel like pretty girls
are worth more.

TRUTH: God made you, and you are perfectly made. He didn't make any mistakes when He made you. But He is a lot less concerned with the outside of you than you are. The beauty He sees is on the inside of you and shows up as things like kindness, helpfulness, and gentleness. (*1 Samuel 16:7*)

6.

When you
feel like you
don't have
enough
freedom.

TRUTH: You don't need more freedom. You are ready for more responsibility, and God wants you to step into that. (*Galatians 6:5-6*)

*There are some important exceptions to being content: If someone is hurting you, touching you in ways that make you feel uncomfortable, or saying a lot of cruel things to you, TELL SOMEONE! That is called abuse, and you should never be content with it.

7.

When you feel like
your family is weird.

TRUTH: Remember that different is good. Your family is different. Every family is, and that's good. God doesn't want us to be like everyone else, but to be different because we are obeying Him. (*Ephesians 4:17, 19-20*)

8.

When you feel like
your family is too broken
for you to be happy.

TRUTH: God, not your family, is the source of everything. He wants to be the source of your contentment. He will teach you how to trust Him and be content in the family that you have.* (*Philippians 4:11-12*)

9.

When you feel like your
parents don't "get" you.

TRUTH: While it's great to get along with your parents and enjoy spending time with them, they aren't supposed to be your friends, but your parents. It's their job to set boundaries. It's your job to obey them. God will give you joy when you choose to honor your parents. (And when you're older, there's a good chance you and they will become great friends!) (*Ephesians 6:1-2*)

10.

When you are
tempted to believe that
your sin is no big deal.

TRUTH: All sin separates us from God, and sometimes from other people we know and love. (*Isaiah 59:2*)



11. When you are tempted to believe you don't need to tell anyone about your sin.

TRUTH: Remember that hiding your sin sets you up for failure. You need help overcoming bad habits, temptations, and sin. Ask someone older and wiser for help. (Proverbs 28:13; James 5:16)

12. When you think you can watch any movie or TV show, and listen to any music you want without it impacting you.

TRUTH: What we watch, listen to, and read changes us. It makes us believe and behave differently. God wants us to only expose ourselves to things that are true, noble, right, pure, lovely, and worthy of praise. (Philippians 4:8)



13. When it seems like boys and girls aren't all that different.

TRUTH: God created two genders: male and female. They are important because they help us understand who God is, and that He is a social being. It is good to celebrate and understand the differences between boys and girls. (Genesis 1:26–27)

14. When you are afraid of getting your period.

TRUTH: It's not going to be nearly as bad as you think. Every girl gets one. The best thing you can do is talk to your mom about it so you're prepared, and remember that it's a sign that your body has the ability to create life. Be thankful for this gift. (Psalm 127:3)

15. When everyone around you is boy crazy and you feel tempted to be.

TRUTH: It may be "normal" to be boy crazy, but it is not God's best for you. You can say no to boy craziness. (Song of Solomon 2:7)

16. When you believe the lie that you don't need to talk to your mom about boys.

TRUTH: It may be uncomfortable sometimes, but you should talk to your mom, or another trusted adult, about boys. Getting married one day, if that's what God wants for you, is a really important thing. So, talking to your mom about boys is too. Everyone needs wise advice. (Proverbs 13:20)

17. When you feel like you don't have any friends.

TRUTH: We all need faithful friends, and the best way to find one is to become one. Think about how you can be a good friend, and look for people who need one. (Proverbs 18:24)

18. When you are struggling with being mean.

TRUTH: Every word you speak and every thought you think about someone should please God. It may be normal to be mean, but God wants you to be kind to everyone. (Psalm 19:14)

19. When you think having a big career is more important than being a wife and mom, if that is what God has planned for you.

TRUTH: It is a cool thing to be able to help a husband. Being a mom is one of the best gifts you'll ever get (Genesis 2:18; Psalm 127:3)

20. When you think you are too young to start doing mature things.

TRUTH: You are becoming who you are. If you are being kind, you will become kind. If you are being a wise girl, you will become a wise woman. (Galatians 6:7)



I hope you'll use this list of Truths to "put on" the belt of Truth each day. Wear Truth! Let people see it all over you in the way you act, because the way you act is controlled by Truth, not "sticky" emotions!
I'm praying for you!