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WEEK
1

True Girl Beauty Challenge

True Girl: Discover the Secrets of True Beauty **Reading:**

If you have not already read **Chapter One: The Master Artist** in *True Girl: Discover the Secrets of True Beauty*, pages 21–33, do it before you begin your devos on the next page. (Remember, you'll complete one devo for five of the next seven days.)
If you've already read it, consider reviewing it.



DAY 1 • The Master Artist

Read Genesis 1:24–31



“And God saw everything that he had made, and behold, it was very good.”

{ Genesis 1:31 }

Have you ever felt totally left out? Maybe there was a birthday party you didn’t get invited to attend? Or maybe your friends were all hanging out at lunch and didn’t notice you were all alone? I have been there . . . this week!

Some of my friends were getting together for a game night and they didn’t invite me. Or so I thought. I felt really unloved and unwanted, and I was kinda sad. It turned out their texts were just not getting through. All day long they had been trying to invite me. The fact was that they loved me and wanted me and couldn’t wait to see me. My feelings were lying to me!

How do you *feel* today?

Beautiful or boring?

“Bad hair, don’t care” or “#HairGoals”?

Are you *feeling* fat? Or healthy and strong?

Are your friendships building you up and giving you courage? Or are you *feeling* insecure and lonely?



Guess what!? *Feelings are not facts.* How you feel is important, *but your feelings are not always truthful.*

Facts are truthful. This week we are going to find five facts in the Bible to hang your worth on! The first one is the first thing God ever said about you. In Genesis 1:31 He said that everything He made was “very good.” This doesn’t mean it was well-behaved, but that His work as Creator is “very good.” Not just kinda good. Not just good, but *very* good. Not just the stuff He made on Monday or Tuesday or Wednesday, but “everything” was good. The banana plant is good. The baboon is good. The bacteria is good. (And I’m just mentioning a few of the B’s, but you get the idea.) I think this not only included the stuff He’d made before He said it, but also stuff He planned to make in the future . . . **LIKE YOU & ME!**

FACT #1: God, the Master Artist, made you, and everything He makes is very good!

Do you have curly hair that you *feel* should be straight? Do you *feel* insecure about how long your legs are? Or how short? Ever *feel* really different from everyone else? This week when you feel those things, I want you to say out loud: “God saw everything that He made, and it was very good. That includes me!” When you do that, you’ll be telling your heart truth and fact rather than letting it be confused by feelings. **“WAIT!”** you might be saying, “But I was born with a crooked leg!” Or “I don’t feel like I have

any friends because I’m the only _____
_____ girl at my school.”

Okay, let me clarify! We live in a broken world and sometimes things happen to us that aren’t so good. (We don’t enjoy them. God doesn’t either.) But God’s original creation in you was good and **HE** is good. So you can trust Him to help you with any hardship this broken world throws at you.

In Your Journal Today

Write Genesis 1:31 in all capital letters. (That’s how I write all Scripture in my journal, so I always remind myself that it’s the most important thing I write.) Then doodle the words “VERY GOOD” on the page as you meditate on how very good all of God’s creation is, including you. End today’s devos in prayer by thanking God for creating you!

DAY 2 • The Master Artist

Read Exodus 26:1–6



Hey Moses! Build Me a house so I can live with My people. I love you guys!”

That’s more or less what God said to Moses in today’s reading. God’s house would be called the tabernacle. And God was very particular about how to build His house.

I wish I had a picture to show you how incredible the tabernacle looked. But they didn’t have cameras back then! It’s not like Moses could’ve taken a selfie with the tabernacle in the background for us to see, but I bet it was beautiful. After all, it was being commissioned—or ordered into production—by **The Master Artist!**

Everything God instructed had meaning and purpose. For example: the **COLORS** all represented something important. The red represented the shedding of blood for the forgiveness of sins. The blue represented heaven and God’s desire to live with us eternally there. And purple represented His royalty. God is **THE** King of kings, so He could only live in a place marked by **SUPREME** royalty.



My point is that this place where God would live was perfectly planned out.

Today I asked you to read just six verses from six whole chapters that detailed God’s directions on how to build the tabernacle. Do me a favor: look at your Bible reading from today and circle each time a number shows up!



I hope Moses was good at math, because God seemed to be very specific about how many of something He wanted and exactly what size. He sure liked the word *cubits*! The curtains, for example, would be twenty-eight cubits long and four cubits wide. This precision of measurement would be used for each and every thing God asked Moses to have designed and created or constructed!

I’m telling you this for a reason. You see, there is no longer a tabernacle for God to live in, or a temple, because He has chosen to live in each person who surrenders their life to Jesus. **YOU** are His tabernacle if you’ve asked Jesus to be the Lord of your life.

If He took so much care to be precise about how the nonliving Old Testament tabernacle was built, don’t you

“Do you not know that you are God’s temple and God’s Spirit dwells in you?”

{ 1 Corinthians 3:16 }

think He took at least that much if not more care to be precise when He created you, His living tabernacle?

FACT #2: God, the Master Artist, planned you out very carefully!

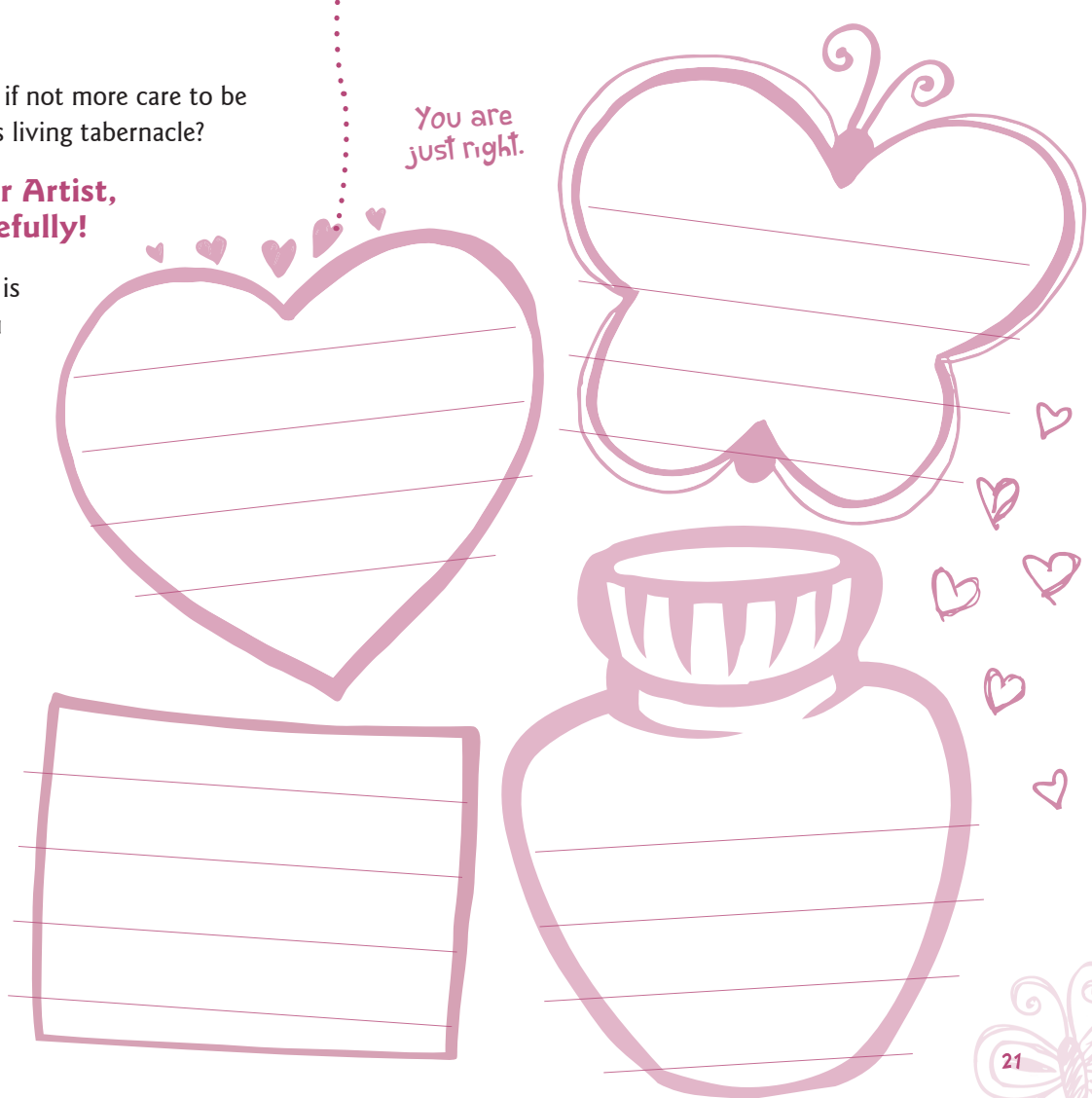
Your color is just right. Your size is just right. The stuff He made you of is just right.

You are just right.



In Your Journal Today

Take some time in your journal today to write to God about anything you don't like about yourself. The length of your fingers. The curve in your nose. The color of your hair. Pour out your heart honestly, but then thank Him for being so specific in how He planned you out. End today's devos in prayer by thanking God for being specific when He created you!



DAY 3 • The Master Artist

Read Psalm 139:13–16



My sweet daughter Autumn loves creating. Once, she decided to try her hand at knitting, and it seemed winter hats were a good place to begin. Who doesn't love a cozy wool hat with a pom-pom on top? And how hard could it possibly be?

She took some instruction from her Grammy, selected the perfect color of yarn, and began to knit. And she knitted and knitted and knitted. (It takes a long time to knit something.) But when she was done, it was not a hat she had created but a flat, round pancake of yarn! Autumn will tell you that there is a lot of math in creating something as you knit or weave. If you miss even one count you can be so far off that a cozy winter hat will better be used as a table decoration.

Psalm 139 says that even before your mother was alive, God was planning how He would knit and weave you together within her womb. **And He is God!** He doesn't miss a count when He's knitting and weaving like we do, so the things He sets out to create turn out perfectly. (I sure wish I was like that. I've had a



few Pinterest fails in my day.)

You did not just happen. God didn't say, "Whoops, there's a Rebecca!" Or "Unbelievable, it's an Azariah! What a surprise!" No. He *knew* who He was creating and how He was creating you! You are just the right size, width, color, texture. He knit you together with precision and care. And He wants you to know it.

FACT #3: God created you very well and He wants you to know it very well.

The Bible verse above says you should know **"VERY WELL"** that you are a masterpiece created by God! That's a lot of *well*. Not a little bit of knowing, but He wants you to know all the way that you're perfectly made.

Do you doubt that you are made "very well"? Guess what? God wants to fix that in your heart. And so do I. I'm praying for you, dear girl!!!



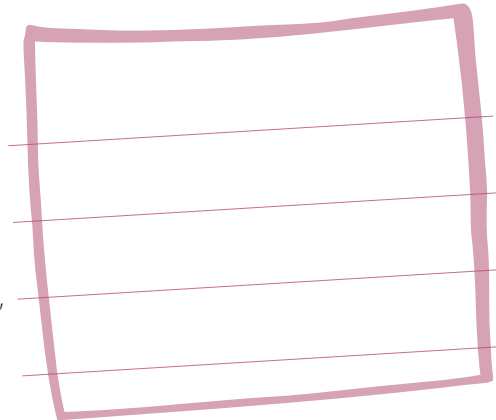
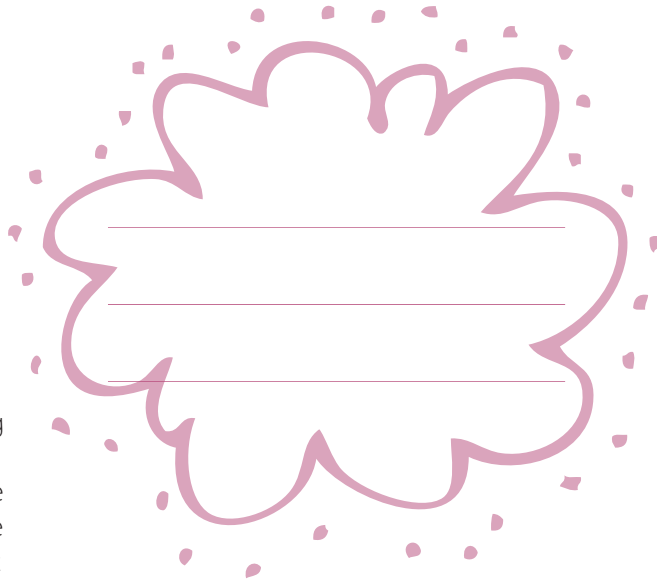
"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."

{ Psalm 139:14 }



In Your Journal Today

Let me remind you of the little prayer assignment I gave you on day one. Every time you think about something about yourself that you don't like, I want you to say out loud: "God saw everything that He made and it was very good. That includes me!" Take it a little deeper today and be specific in your journal. What parts of you do you struggle to accept? Your eyes? Your hair? Your skin? Your legs? **Write them down in this sentence: "God made my _____ . And it (or they) are good!" Write as many things as you can think of until you are starting to know "very well" that you are "good!"**



DAY 4 • The Master Artist

Read Isaiah 64:1–9



I love pottery. I collect Polish pottery and also random, mix and match pottery made by my children and artists I meet at craft fairs. One thing I love is the imperfections that make each piece different. I get especially excited when I see a one-of-a-kind thumbprint pressed into the clay of a pot, cup, or bowl. It reminds me that the artist was there!

God's fingerprints are all over you, girl! He was there! He is the Potter! You are the clay.

Today, American potters will actually throw a pot away when it's not perfect. But that was not the way of ancient potters, who loved the imperfections and often called attention to them through artistic expression. The ancient Japanese art of kintsukuroi (kint-su-koo-roy) is still practiced today. When they see imperfections in a pot or when a pot is broken, they fill the cracks with liquid gold, which then hardens and becomes breathtakingly beautiful.

You aren't perfect. Saying that you are a masterpiece and are "good" doesn't mean you're perfect. I have crooked



bottom teeth and turned-in pointy fingers. These were imperfections I was born with. I also have a fat round scar on my bottom lip from a soccer accident and a little scar between my eyes from having the chicken pox. These are imperfections that life gave me.

In Isaiah 64, we see the prophet Isaiah admitting to God that His people are imperfect. But he reminds God that He is their Potter! Their Master Artist. And the Master Artist tended to His imperfect and broken pottery. (Like filling them with gold!) Isaiah was inviting God to be God . . . and to come back to work on His masterpieces again.

FACT #4: God made you with His very hand, and He's still perfecting you!

You are not perfect, but that makes you no less of a masterpiece. And know this, God is still at work in you. He is a Master Artist of ancient tradition who keeps putting His beautiful, artistic mark on the imperfections of His masterpieces. His hand is still on you.



"But now, O LORD, you are our Father; we are the clay, and you are our potter; we are all the work of your hand."

{ Isaiah 64:8 }



In Your Journal Today

Take some time in your journal today to write to God about any imperfections you feel He needs to touch with His skillful hands. Maybe it's that crooked tooth. (He may have given it to you so you remain humble. Thank Him, but it's okay to ask for braces, too!) Maybe it's that scar from a sports accident. (Ask Him for grace to accept it, but it's also okay to ask Him to heal you, especially if it hurts.) Just pour out your heart today!



Space for
a teeny tiny
imperfection
that makes
you: **YOU!**



DAY 5 • The Master Artist

Genesis 2:18–25



Live on a hobby farm with anywhere from 16 to 25 critters, depending on how many chickens and peacocks we have at any given time. My husband, who I lovingly call Farmer Bob, feels really bad for the mini donkey, Cassie, because she's the only one of her kind. He worries when he sees her in the field alone, and takes her treats to cheer her up. (As a result she brays loudly whenever she sees him, and he is her favorite human.) He rejoices when Dipstick the llama hangs out with her, which he often does.

If Bob loves that donkey that much, how much more did God love Adam—His first human? Can you just imagine God watching Adam, who was all alone, and aching for him to have one who was just like him? In all of the “good” creation, one thing was “not good.” It was “not good” that Adam was alone. So, God made Eve.

And when Adam and Eve were together, it was good. **Very, very good.** (And I think they knew “very well” that they were masterpieces created by God and for each other.)



This week we've looked at many passages in the Bible that tell us God is our Master Artist. Let's look at one more. Ephesians 2:10 reads, “For we are his workmanship.” Some Bible scholars say that means we are His “masterpiece.” More directly, the verse says we are His “poem.”

FACT #5: You are the creative expression of God's heart!

Sometimes poems are hard to understand. It's like the poet can't quite tell us what he or she wants to tell us because it's so big and complicated! That's because a poem is an expression of our heart. And it still isn't really what's in our heart, but a mere expression of it. We are like a poem God wrote. We aren't just a work of God's art, but we are an expression of His heart! **YOU** are!

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”

{ Ephesians 2:10 }



In Your Journal Today

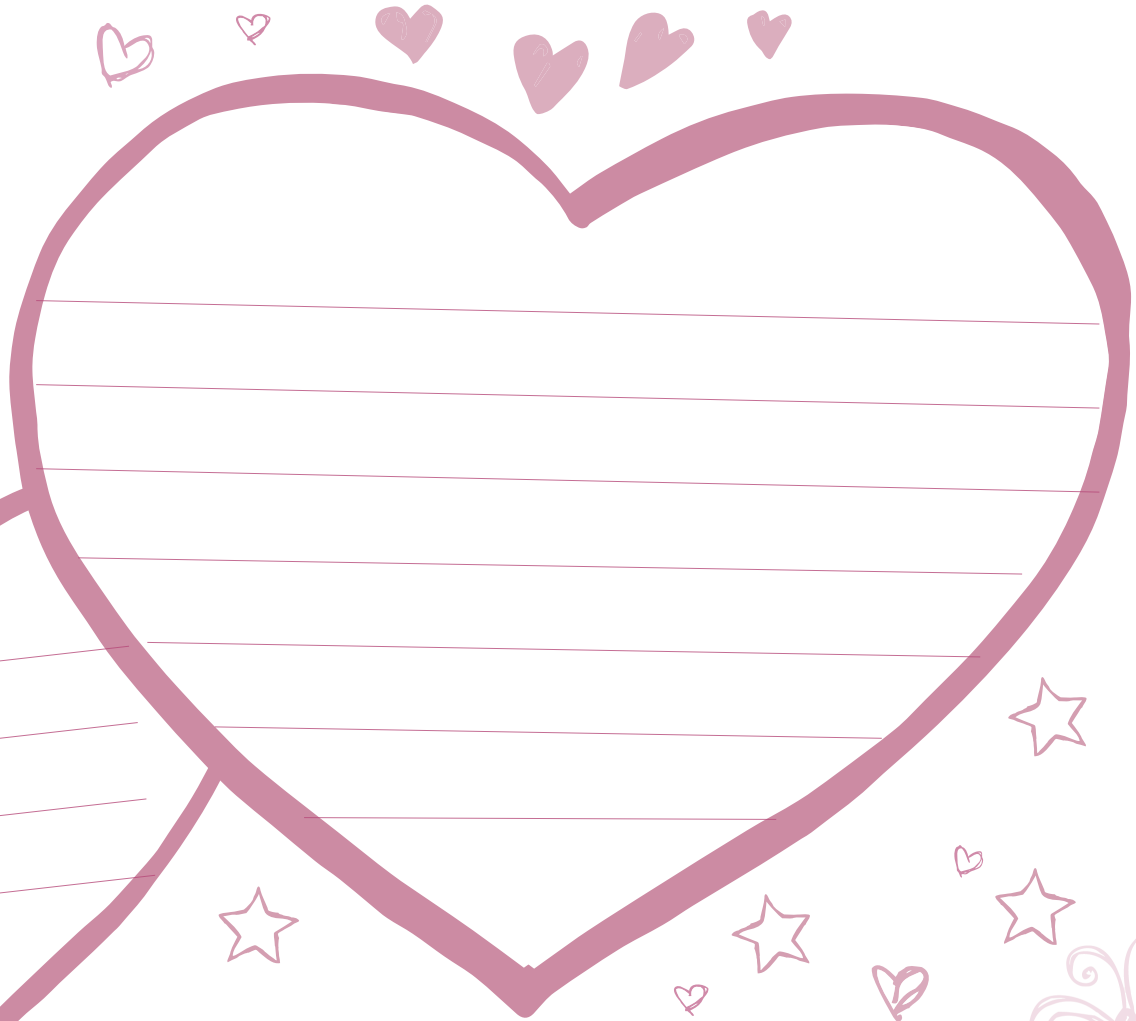
Write a poem to God expressing your gratitude and love. Poems don't follow rules, so just write what's in your heart. If it rhymes, that's good. If it doesn't, that's good, too! Just express yourself to God.



Something extra
in my heart. . .



A large heart shape with horizontal lines for writing, positioned on the left side of the page.



A large heart shape with horizontal lines for writing, positioned on the right side of the page.



Mother·Daughter
Coloring Experience

1

♥ **Congratulations,** you've made it through the first week of the **True Girl Beauty Challenge.** Review what you learned this week by talking with your mom as you color this page together. **Discuss this question.**

TALK ABOUT IT:

When did you confidently know you were a masterpiece created by God?

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven . . ." (Psalm 139:14–15)



Colored pencils: good! Markers: They might bleed through and get on Mom's coffee table.

