

31 **FUN** DEVOTIONS
FOR THE MONTH
OF AUGUST 2020

BIBLE EXPRESS®

DEVOTIONS

For Girls Ages 10 and Up

*In
The
Beginning*

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AUGUST 2020



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LifeWay | Preteens

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The Spirit of God has made me, and the breath of the Almighty gives me life. Job 33:4



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Joanna Moore wrote the girls' devotions for the month of August.

SATURDAY,
AUGUST 1

EVERYDAY WORSHIP



And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:17

What do you think of when you read the word *worship*? Do you think of singing praise songs, listening to your pastor, and going to church on Sunday? Worship is *all* of those things and more. *Worship* is “giving God the honor He deserves.” Whether it’s a Sunday or Thursday, at church or on the soccer field, at a friend’s house or cleaning your room, you can worship God. Whatever you do and whatever you say, ask yourself: Does this honor God? If it does, it is worship.



Did you know only humans have chins? No animal has a chin, but elephants do have something similar to a chin. However, it is actually the bottom lip and teeth, not an actual chin.

SUNDAY,
AUGUST 2

CREATOR



God saw all that he had made, and it was very good indeed. Evening came and then morning: the sixth day. Genesis 1:31

Hannah’s mother died when she was a baby, her father left her, and she was raised by her grandmother. Hannah struggled daily with low self-esteem. One day, a coach asked Hannah if she believed God created her. Hannah nodded. “The Creator defines His creation” Hannah’s coach told her. “He says you are good, valued, and loved.” Do you ever feel like Hannah? Do you question your worth? Remember that God created you, and He says you are not just good but very good.



MONDAY,
AUGUST 3

SUNRISE AND SUNSET



From the rising of the sun to its setting, let the name of the Lord be praised. Psalm 113:3

Today in Beijing, China, the sun rose at 5:14 a.m. and will set at 7:25 p.m. In Sydney, Australia, it rose at 6:45 a.m. and will set at 5:17 p.m. It will rise at 6:15 a.m. in San Francisco today and will set at 8:15 p.m. Today's verse isn't about the exact time the sun rises and sets. It is a reminder that in the world God created, His name should be praised. Whether you like to watch the sun rise or prefer the beauty of a sunset, spend some time today praising the Lord.

TUESDAY,
AUGUST 4

BIG, STRONG, AND MIGHTY!



Oh, Lord God! You yourself made the heavens and earth by your great power and with your outstretched arm. Nothing is too difficult for you! Jeremiah 32:17

From the backseat of the van, Bella's little brother sang: "My God is so big, so strong and so mighty there's nothing that my God cannot do." While the family vacationed in the national parks out west, their mom had assigned a Bible verse to be memorized each day. Today's verse was Jeremiah 32:17. Bella marveled at the natural wonders—the waterfalls and the mountains. She was in awe of God's power that created it all. She smiled and sang with her brother, "My God is so big, so strong and so mighty"

Do you know why you see more orange, red, and yellow in sunrises and sunsets than blue and purple? It has to do with how sunlight travels through the atmosphere. Blue and purple have shorter wavelengths, so their colors scatter quicker than orange, red, and yellow.



WEDNESDAY,
AUGUST 5

THAT'S IMPOSSIBLE

Lord my God, you have done many things—your wondrous works and your plans for us; none can compare with you. If I were to report and speak of them, they are more than can be told. Psalm 40:5

Did you know it is impossible for humans to: sneeze with their eyes open, lick their own elbows, tickle themselves, or raise one of their one eyebrows? The writer of Psalm 40 would add an item to that list. He wrote that it is impossible to count the wondrous works of God and His plans for you. He confessed that when he tried to describe the goodness of God, he quickly ran out of words. Are you able to describe our incomparable God? Now, that's impossible!

Did you know that while many people aren't able to raise one eyebrow, it is possible to learn how to do so? The reason it can be difficult is that both eyebrows are attached to the same muscle, meaning you usually have to raise both eyebrows at the same time.

THURSDAY,
AUGUST 6

NOBODY

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the whole earth. He never becomes faint or weary; there is no limit to his understanding. Isaiah 40:28

Sophie noticed her friend Emma crying after soccer practice, so asked Emma what was wrong. Emma sobbed while she explained her dad was really sick and needed a big operation. Emma admitted, "I'm so scared!" Sophie shared she didn't know how she'd feel if her dad got sick. Sometimes even friends can't understand what you're going through. But there is someone who does. God made you, and He understands you. Talk to him like a friend, because He is a friend like no other.

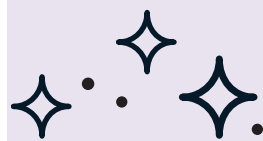


FRIDAY,
AUGUST 7

WAITING IS HARD

For the creation eagerly waits with anticipation for God's sons to be revealed. *Romans 8:19*

Mia's parents say that she has to wait two more years before she gets a cell phone. Anna is waiting for her next birthday because she is *sure* she'll get that watch she wants. Fill in the blank: "I can hardly wait until I can _____." Waiting is hard, isn't it? Yet, looking forward to something good that will happen in the future is exciting. Waiting develops patience. Being a Christ follower doesn't help you know the future, but it *does* make the waiting easier because you know God is good and that He has your future in His hands.



One of the very first smart watches is said to have been invented in 1998. Smart watches really became popular in 2015 and now about 1 out of every 6 Americans owns a smart watch.

SATURDAY,
AUGUST 8

SOMEONE ON YOUR SIDE

Our help is in the name of the Lord , the Maker of heaven and earth. *Psalms 124:8*

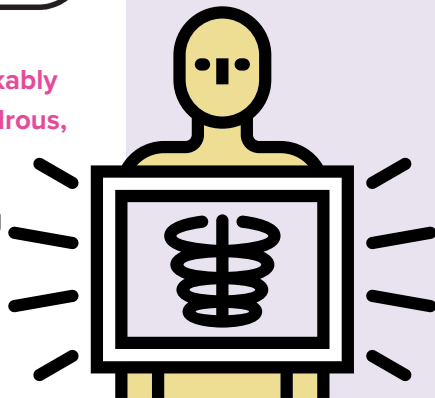
"I don't get it! I try to make friends in this new town, but it's like everyone already has her own group of friends already," Olivia sobbed to her mother. "I need someone on my side." She and her mom had their quiet time before bed, and they read Psalm 124:8. "Olivia, this verse promises that you *do* have someone on your side—God. He is powerful enough to speak heaven and earth into existence," said her mom. Do *you* feel you need someone to be on your side? Your help is in the name of the Lord, the One who made heaven and earth.

SUNDAY,
AUGUST 9

DID YOU KNOW...?

I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well. Psalm 139:14

Did you know your bones never stop growing new bone, because your body is constantly changing and your bones grow to adapt to that change? Did you know your brain cells are constantly getting rid of unused, old connections in your brain to make room for new connections to grow? Did you know your skin is the largest organ of your body, guards your internal organs, and weighs around 10 pounds? Our skin is constantly renewing itself and replacing dead cells with new ones. If you ever run out of reasons to praise God, just look in the mirror!



MONDAY,
AUGUST 10

SHOWING LOVE

God's love was revealed among us in this way: God sent his one and only Son into the world so that we might live through him. 1 John 4:9

Claire wrote a poem and drew a picture for her grandmother's birthday. Through hugs and tears, her grandmother said, "Claire, this poem you wrote and picture you drew are my favorite gifts." Claire found the perfect way to show her grandmother how much she loved her. God sent Jesus into the world to teach you, to show you how to live, and to die for you. By doing this, God showed just how much He loves you. Thank God today for Jesus and for the gift of eternal life. Tell a friend how much Jesus loves her.



TUESDAY,
AUGUST 11

HOW GOD FEELS ABOUT YOU



What is a human being that you remember him, a son of man that you look after him? You made him little less than God and crowned him with glory and honor. *Psalm 8:4-5*

The Book of Psalms is a book of poetry that helps you express praise to God. Many of the psalms were written by King David. Reading the psalms is like reading David's journal. In Psalm 8, David wonders *God, when I look at the awesome universe You created, I feel so small. But You made me in Your image and gave me authority over Your creation. You gave me worth.* How does God feel about you? He loves you, of course. Praise Him today by reading Psalm 8 aloud to Him.



WEDNESDAY,
AUGUST 12

CREATING LIFE



The Spirit of God has made me, and the breath of the Almighty gives me life. *Job 33:4*

Bad joke of the day: A group of scientists challenged God to a life-creating competition. The two teams faced off—scientists against God. The scientists went to gather a handful of dirt,

but God took the dirt away from them and said, “Go make your own dirt.” Silly, right? But in a way it emphasizes that God created life out of nothing. Science can do many wonderful things, but life can only be created by God. When you see yourself as one created by the divine hand of God, you can live with purpose to bring glory to Him.

August 12th is World Calligraphy Day. Choose a Psalm to write in calligraphy or pretty hand lettering as a reminder and offering to God.



THURSDAY,
AUGUST 13

WHO'S YOUR HERO?

Now every house is built by someone, but the one who built everything is God. Hebrews 3:4

A group of over 2,500 students entered an essay writing contest on the topic, “Who Is Your Hero?” The hero that topped the list was *Mom*. Also making the list were dads, teachers, coaches, grandparents, rock stars, athletes, and entertainers. So, who’s your hero? Who do you look up to? Worthy heroes motivate you to work hard, do your best, and make wise decisions. Heroes influence your beliefs; you may even try to pattern your life after theirs. It’s important to be around adults you admire and respect. However, when choosing a role model, make sure she points you to the ultimate hero—God.



Did you know sharing is considered a learned skill? This means it must be taught. Empathy—the ability to understand the feelings of others—helps preschoolers learn the importance of sharing, too.

FRIDAY,
AUGUST 14

THAT'S MINE!

The earth and everything in it, the world and its inhabitants, belong to the Lord . Psalm 24:1

Ava’s baby sister just learned a new word—*mine*! She gathers all her stuffed animals and says, “Mine!” That’s what babies do. Do you recall reading books when you were younger that encouraged sharing? As you got older, hopefully you began to understand the concept of sharing and the importance of it. Today’s verse is a reminder of the goodness of God as He allows you to use and enjoy all the things He has created. It’s not yours. It’s His, and He is letting you use it. Everything belongs to Him.



SATURDAY,
AUGUST 15

AUTHORITY: THE RIGHT TO BE OBEYED



**“Woe to the one who argues with his Maker—
one clay pot among many. Does clay say to the
one forming it, ‘What are you making?’ Or does
your work say, ‘He has no hands?’” *Isaiah 45:9***

“Charlotte got kicked off the volleyball team today because she argued with the coach,” Avery told her dad. “Some kids have a hard time learning to respect authority,” her dad said. *Authority* means “the right to be obeyed.” God is the highest authority and has given you the Bible to guide you. He also puts people in authority over you like parents, teachers, and coaches. When you respect those in authority over you, you honor God.



Have you ever played a sport called “Mintonette”? You might have! “Mintonette” was the original name of the sport of volleyball.

SUNDAY,
AUGUST 16

THE DRAMA YEARS



If possible, as far as it depends on you, live at peace with everyone. *Romans 12:18*

Claire’s journal entry: “We had this verse in small group today. I’m not even sure I want to live at peace with _____. She is so unkind to me, and it hurts.” Middle school for girls is sometimes referred to as “The Drama Years.” Pressure to make good grades, dealing with changes in appearance, and girls spewing hateful and hurtful words can cause the drama. What can you do? Watch your words. Decide that you don’t have to respond to every remark. Sometimes you just have to ignore the person talking and walk away.



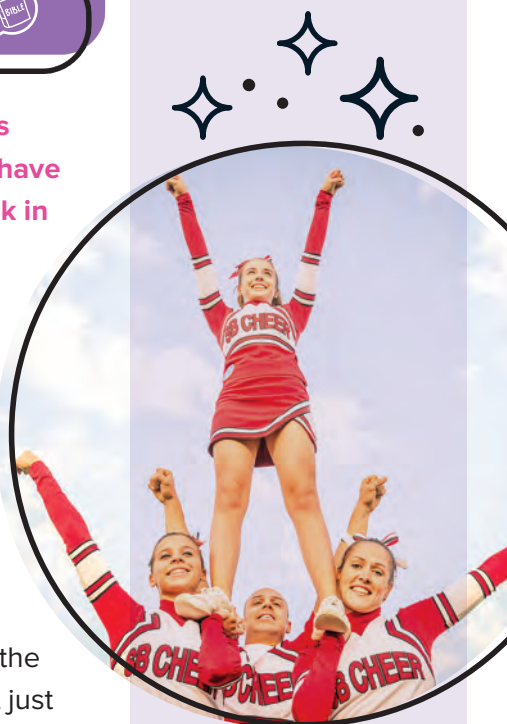
MONDAY,
AUGUST 17

O.B.E.Y. SPELLS LOVE



This is love: that we walk according to his commands. This is the command as you have heard it from the beginning: that you walk in love. 2 John 1:6

Madison held up the cheer handbook and said, “I have to be able to do all these dance moves, tumbling, jumps, cheers, and stunts to be on the cheer team. According to Mrs. Janie, this would be my ‘Bible’ for the summer. I should memorize and practice until I can do all of it.” The same is true on an even higher level for Christ followers. You should not only read the Bible, you should practice it. You shouldn’t just say you love God, your actions should show it.



One of the first cheer teams is believed to be the “Yell Team” assembled for a University of Minnesota’s football game in 1898.

TUESDAY,
AUGUST 18

PERFECT DADS— PERFECT DAUGHTERS?



Fathers, do not exasperate your children, so that they won’t become discouraged. Colossians 3:21

Addison slammed the door and threw herself across her bed. Her dad could be so unreasonable. It was a boy/girl party, but no big deal! After all, she wasn’t 5 years old. Sound familiar? Being a dad is a hard job. Dads want to protect their daughters, and sometimes that makes a daughter feel like her dad is being too hard on her. Ask yourself this question: *Am I a perfect daughter?* (I think you know the answer to that.) The truth is, there are no perfect daughters or perfect dads. The family was God’s idea. He wants you to live and love others, but no one is perfect.



WEDNESDAY,
AUGUST 19

DOING THE RIGHT THING



A righteous person acts with integrity; his children who come after him will be happy. Proverbs 20:7

“And the winner of the Best Camper Award goes to Madison!” The campers cheered as Madison accepted the award. But later, in her cabin, Madison discovered an addition error in the judges’ scoring sheets. She was *not* the winner; her friend Audrey was. Madison knew what she had to do. She took the award back to the camp director and showed her the error. Why? Because from the time she was a toddler Madison had been taught by her parents to do the right thing even when no one is watching, and even if no one will ever know about it. Now, that’s integrity!



THURSDAY,
AUGUST 20

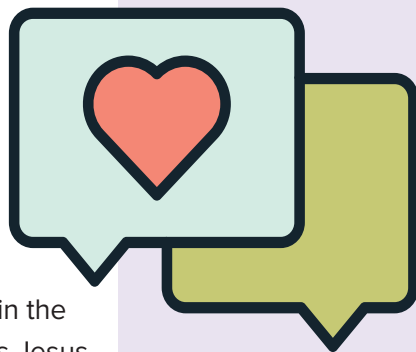
I LOVE YOU THIS MUCH!



Husbands, love your wives, just as Christ loved the church and gave himself for her. Ephesians 5:25

Ever since Jenna was a two-year-old, she and her parents had this little bedtime ritual. They would all stretch their arms out as far as they could and say together, “I love you t-h-i-s much!” In the English language, love can mean lots of different things. The way a warm chocolate chip cookie tastes, the perky tune of your favorite song, or how you feel about your grandmother all represent different types of love. When Paul commanded husbands to love their wives, he added a phrase to explain the kind of love he commanded—just as much as Jesus loved the church. That love was enough for Jesus to choose to die for you! That is a lot of love!

Cheerleaders use pom-poms when they are performing cheers. The word “pom-pom” comes from a French word that means tuft of ribbons. Originally, pom-poms were made out of crepe paper.

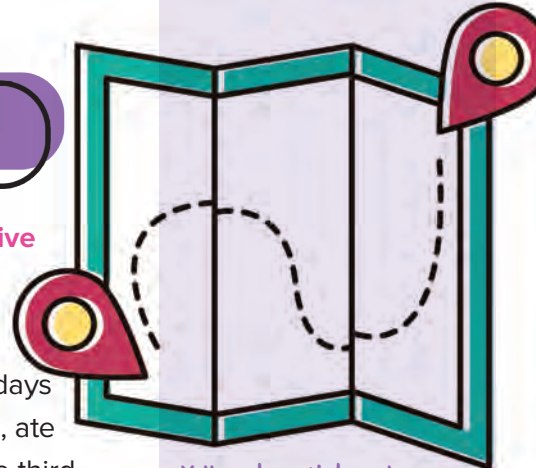


FRIDAY,
AUGUST 21

ROAD TRIP!

How delightfully good when brothers live together in harmony! *Psalm 133:1*

Their family had been planning this vacation out west all year. The first two days in the van were fun. They played games, ate snacks, and listened to music. But by the third day, Mom had to get in the backseat and move Lily to the front because the two sisters were fighting constantly. “You can decide to get along, or you can continue fussing and ruin the vacation for everyone,” their mom warned. God designed family to live together and enjoy it! That’s hard sometimes. Do you do your part to make sure your family is a joy to be with?



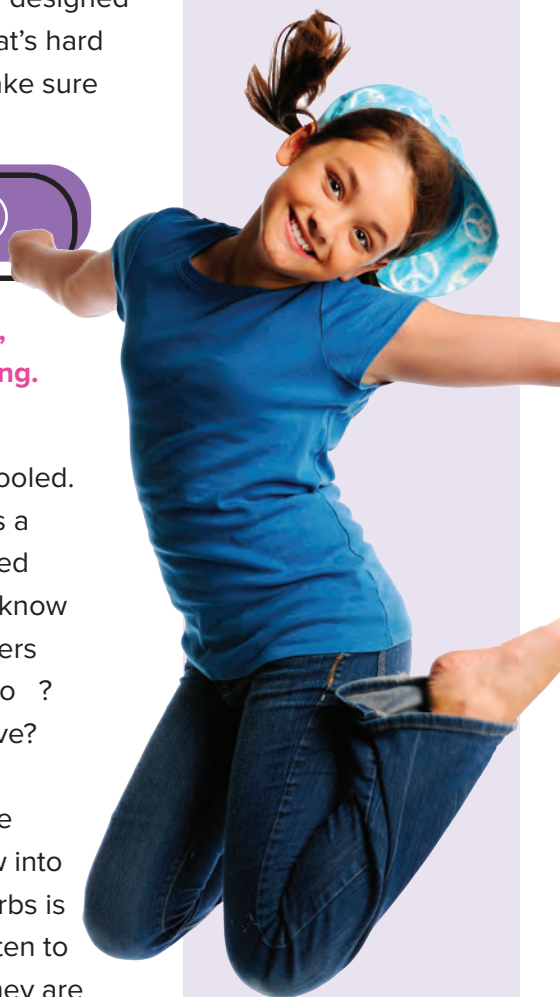
Yellowstone National Park is one of the top destinations for road trips. Around half of pet owners take their pets with them on trips.

SATURDAY,
AUGUST 22

HOMESCHOOLED

My son, keep your father’s command, and don’t reject your mother’s teaching. *Proverbs 6:20*

Gracie’s best friend Chloe is homeschooled. “How does it feel to have your mom as a teacher?” Gracie asked. Chloe shrugged and said, “You get used to it.” Did you know that your parents were your first teachers and your home was your first schoolroom? Who taught you not to touch a hot stove? Who held your hand when you were learning to walk? God gave parents the responsibility to help their babies grow into responsible adults. The Book of Proverbs is full of warnings for those who don’t listen to their parents. Listen to your parents; they are teachers God has put in your life.



SUNDAY,
AUGUST 23

A GIFT YOU CAN GIVE

Bearing with one another and forgiving one another if anyone has a grievance against another. Just as the Lord has forgiven you, so you are also to forgive. Colossians 3:13

Christ followers are commanded to forgive. Forgiveness does not mean that what the person did to you was OK. It does not mean that you will no longer hurt. It *does* mean that you will not keep bringing it up every time you see the person who hurt you. Forgiveness is a gift you can give to someone who has hurt you. Remember that Jesus forgives you every time you mess up. That's how you are to forgive those who hurt you. Give someone the gift of forgiveness today.



MONDAY,
AUGUST 24

FROM A TO Z

"I am the Alpha and the Omega," says the Lord God, "the one who is, who was, and who is to come, the Almighty." Revelation 1:8

Mrs. Hannon challenged her group of girls to write a paragraph describing God. *That's impossible!* thought Addison. "Find Revelation 1:8 and see how God describes Himself," Mrs. Hannon suggested. "Alpha and Omega are the first and last letters of the Greek alphabet. God said, 'I am the beginning, the end, and everything between.'" In John 14:8-9, one of Jesus' disciples asked Him the same question. Philip said, "... show us the Father." Jesus answered, "Anyone who has seen Me has seen the Father." If you want to know what God is like, study the life of Jesus.

Did you know on August 24, 2006, Pluto was demoted from the status of planet to a dwarf star? Now it's known as a dwarf planet. God created everything in the world, including Pluto, whether it is classified as a planet or a star!



TUESDAY,
AUGUST 25

FORGIVENESS LEADS TO...



As a result, you should instead forgive and comfort him. Otherwise, he may be overwhelmed by excessive grief. Therefore I urge you to reaffirm your love to him 2 Corinthians 2:7-8

The young fireman fell asleep while driving home after his 24-hour shift. He crossed the center line and plowed into an oncoming car, killing the young mother and injuring her daughter. When he learned the woman had died, the fireman was devastated. Her grieving husband recommended the lightest sentence possible, and over the next few months developed a friendship with the man who took his wife's life. The two remain friends today because of a tragedy that ended in forgiveness. This is a picture of forgiveness in practice.



According to the National Sleep Foundation, people who are 18 years or older need around 7 hours of sleep at night. This amount of sleep helps drivers be as alert as possible. Drowsy driving has resulted in thousands of car crashes.

WEDNESDAY,
AUGUST 26

GETTING EVEN



If your enemy is hungry, feed him. If he is thirsty, give him something to drink. For in so doing you will be heaping fiery coals on his head. Romans 12:20

Most people are only nice to those who are nice to them. When a classmate says mean things about you, a person's reaction might be to start some rumors about her. This is the way many people live, right? Do you wonder what would happen if you started giving a special treat to the person who says nasty things about you? What would happen if you gave a bottle of cold water to the person who pushed you in the hall? Christ followers are challenged to return good for evil and let God handle those who have treated others poorly.

THURSDAY,
AUGUST 27

WORLD KINDNESS DAY

And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ. *Ephesians 4:32*

In 1998, a group of nations pledged to join together to build a kinder and more compassionate world. World Kindness Day celebrates the importance of being kind and challenges people to be inspired to do something kind they would not normally do. It is celebrated worldwide on November 13. Around A.D. 60 (1,938 years earlier) the Holy Spirit inspired Paul to write that every day should be World Kindness Day for Christians. Kindness is a fruit of the Holy Spirit—a characteristic of Christian love—and it costs nothing. Be kind today and every day.



How will you celebrate World Kindness Day? You can write a nice note, pick some flowers to give to someone, or buy or make a sweet treat to give to someone.

FRIDAY,
AUGUST 28

BOTTOMLESS FORGIVENESS

Then Peter approached him and asked, “Lord, how many times must I forgive my brother or sister who sins against me? As many as seven times?” “I tell you, not as many as seven,” Jesus replied, “but seventy times seven. *Matthew 18:21-22*

“This is my favorite burger place. They have bottomless steak fries,” Emery said as the server brought her third helping. “I guess they will keep bringing them to you as long as you ask,” her friend laughed. Jesus taught His followers they should keep forgiving as many times as one needs forgiveness. Forgiveness may be one of the hardest things Christ followers are asked to do and unlimited forgiveness is certainly harder. Ask Jesus to give you the patience to keep serving up bottomless forgiveness.



IMAGE CREDIT: SHUTTERSTOCK

SATURDAY,
AUGUST 29

BE A GOOD FORGETTER



Whoever conceals an offense promotes love, but whoever gossips about it separates friends. Proverbs 17:9

Harper and Savannah have been best friends since preschool. “How do you do that? Don’t you ever hurt each other’s feelings?” another friend asked Harper. “Sure we do,” admitted Harper, “but I think the secret is that we are both good forgetters. Everyone says stuff she wishes she could take back. But we just decided we’d overlook those goof-ups and forget about them.” Good advice, Harper. That’s just what the wise man who wrote Proverbs had in mind when he penned today’s verse. Don’t get upset over every little thing. Forget it and move on. Practice being a good forgetter.



Make a point to look out for others today. Open the door for someone else to walk in a room first. Or invite the person behind you in line to move in front of you.

SUNDAY,
AUGUST 30

A “ME FIRST” ATTITUDE



Everyone should look out not to his own interests, but rather to the interests of others. Philippians 2:4

Everyone is born with a “me first” attitude. A 3-year-old doesn’t have to be taught to grab the last cookie on the plate. You’ll never hear her say, “It’s OK if you go first.” What about you? When your family piles in the van after church today, will you pout if they don’t go to your favorite place to eat lunch? A “me first” attitude may be natural, but Jesus taught His followers to practice an “others first” attitude. He’ll help you learn to do that. Just ask Him!



MONDAY,
AUGUST 31

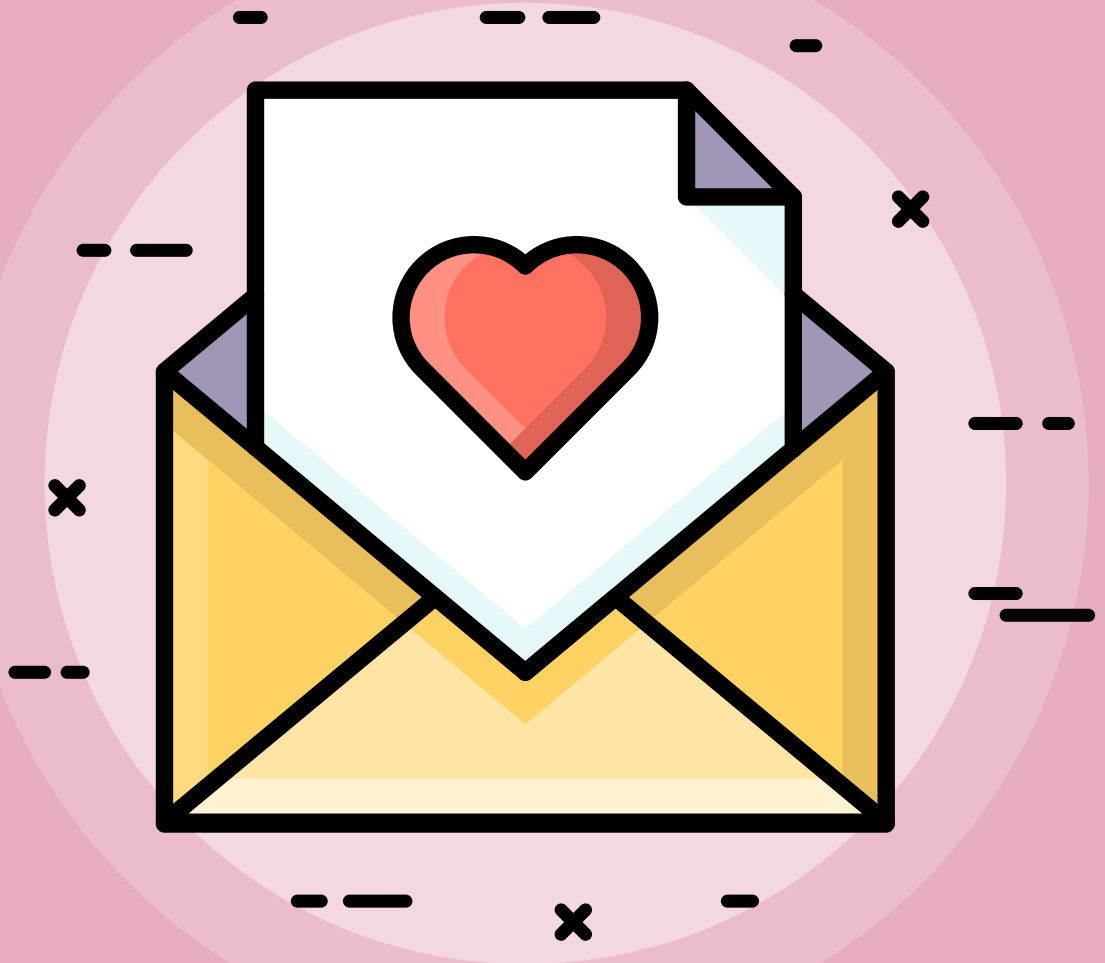
WEIGHTY WORDS

Honor your father and mother, which is the first commandment with a promise. *Ephesians 6:2*

How do you honor your parents? *Honor* is one of those hard-to-define words and sometimes skipped over because it's hard to nail down the meaning. In the Hebrew, it means "something heavy or weighty." Think of it like this: When your mom or dad speaks, you should have the attitude of respectful listening. What your parents have to say matters. They love you, they are wiser than you, and their words are worthy of honor. When children fail to listen to their parents, ignore their instructions, or talk back to them they are saying, "What you say has no value."

What have you done recently to honor your parents? Why not take a moment right now to honor them. Write a parent a note, honoring her with your words. Thank her for what she has done for you, and give her a compliment. Share a favorite memory you've made recently. Let your parent know you love and appreciate her.





**HONOR YOUR FATHER AND MOTHER,
WHICH IS THE FIRST COMMANDMENT
WITH A PROMISE.**

EPHESIANS 6:2

THE MAKER

By Cintia Listenbee



“Our help is in the name
of the LORD, the Maker of
heaven and earth.”

Psalms 124:8

One of my favorite Christian cartoons as a child was *Superbook*. I grew up in the 80s in Brazil. Every Saturday, my dad would rent a VHS tape, and we would watch an episode. *Superbook* is the story of Chris Peepers, a young boy who finds the Bible, named *Superbook*, in the attic of his home. When Chris manages to open *Superbook*, a bright light shines around him and takes him back in time to experience different stories in the Bible.

My favorite episodes were the ones where Jesus was helping people. Chris even asked Jesus for help. No matter which story Chris was experiencing, he learned that the helper in the story was God.

God helped David win the battle against Goliath. God helped Esther speak the truth and



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save the Israelites from death. God helped Joshua to be strong and courageous and lead the Israelites to the promised land. God helped Rhoda recognize Peter's voice and tell everyone their prayers were answered.

God can help you, too. No matter what you are experiencing, the helper in your story is God. Today's Bible verse says that your help is in the name of the Lord. No matter what challenges you may have, God is available to help you. All you need to do is ask, in prayer, for His help.

You can pray in the morning before you go to school. God can help you remember what you studied during your test. God can help you with a difficult friend. God gives wisdom, which knowing exactly what to do. God can help you be a helper. Just like many people in the Bible, God calls you to help others. When you pray,

you can ask God exactly how He wants you to help others. I know He will answer you.

The more you grow up, the more you notice big problems around you. God can help you with those big problems as well. When you pray about problems too big for anyone to handle, God offer comfort and wisdom. Many times, God will give you peace when you bring those big problems to Him. The important thing is to pray about everything.

It is good to know that God hears you when you pray. He is your help. You can pray and ask for His help every day. God will help you, no matter where you are.



Cintia Listenbee is a Christian wife and mother. She reads her Bible daily in Portuguese. Cintia runs marathons for fun.



STARE & COMPARE

Search the two pictures and discover five differences between them



IMAGE CREDIT: SHUTTERSTOCK

Locate all the words to Psalm 24:1 in the picture, then write the words in the correct order in the space provided. _____

