

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

BIBLE EXPRESS®

DEVOTIONS

For Girls Ages 10 and Up

*Making
Choices*



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JULY 2020



LifeWay | Preteens

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Annie Agarwal wrote the girls' devotions for the month of July.

WEDNESDAY,
JULY 1

SHARING IS CARING

Don't neglect to do what is good and to share, for God is pleased with such sacrifices. Hebrews 13:16

If you have a sibling, you may have been encouraged to share your toys, books, or even your room with her. Your parents know this is a lesson in generosity and humility, even though you might find it slightly frustrating sometimes. Yet Paul, who wrote the Book of Hebrews, encourages sharing in this verse, too! God is pleased when you offer what you have to someone in need. He has blessed you with so much, and He loves to see you being generous with it all. Who can you share with today?

THURSDAY,
JULY 2

NEVER ALONE

"I have spoken these things to you while I remain with you. But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and remind you of everything I have told you." John 14:25-26

Before He died, Jesus encouraged His disciples by letting them know they wouldn't be alone once He was gone. The Holy Spirit would come and reside within them, teaching and helping them to recall everything He had shared while on earth. But here's the cool thing—the Holy Spirit wasn't just for those twelve disciples! If you follow Jesus, the Holy Spirit also lives in you! Isn't it amazing that you aren't alone either? You have someone to remind you of Jesus' teachings, too!

Unscramble these words to discover WHO performs WHAT in the Bible.

SUJSE

RDSNWEO

GNSSI

LARIEMCS



FRIDAY,
JULY 3

GIVE AND GIVE AGAIN



Give to the one who asks you, and don't turn away from the one who wants to borrow from you.

Matthew 5:42

In this simple statement, Jesus offered a new idea to those who were listening to him. Centuries later, people are still learning from His words. People in need are all around you. Instead of turning your head on those in need, Jesus asks you to give generously—even when you don't want to give! Giving like this may seem hard for someone your age, but it doesn't have to be! You can give kindness, an encouraging word, a coat you've outgrown, or your snack to someone who forgot hers at home. When you do these kinds of things, you're following Jesus' command!



Many different organizations work hard to provide food for the hungry. Do a little research with your family and find a way you can be a part of helping others in need.

SATURDAY,
JULY 4

A PIZZA BLESSING



A generous person will be blessed, for he shares his food with the poor. *Proverbs 22:9*

Have you ever met someone who was *truly* hungry—someone who didn't know where her next meal would come from? Just a few weeks ago my family met someone like this. We were driving down a side street in Miami, Florida, and encountered a woman who hadn't eaten in quite some time. We had some pizza in our car and were able to share it with her. She was so grateful! I encourage you to be on the lookout for ways to share the blessings God has given you with others. You'll be such a blessing to them when you do!



SUNDAY,
JULY 5

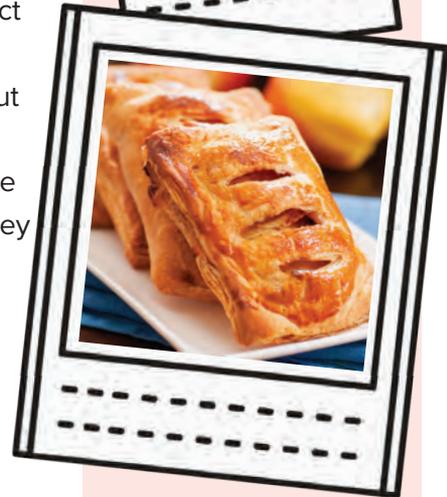
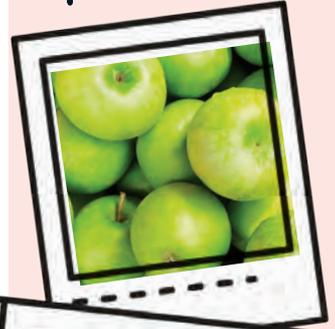
FOLLOWING THE INSTRUCTIONS



Help me understand your instruction, and I will obey it and follow it with all my heart.

Psalms 119:34

My grandmother was an amazing cook! Every time my family ate at her house, we asked for seconds—and sometimes, thirds—of her delicious meals. She left behind her recipes, and when I attempt to make one, I follow the recipe precisely. I know she mastered the exact measurements and cooking time to give her family the best dish. This makes me think about God's instructions, too. I want to understand them and then follow them, because I know He has my best interest at heart. How can you obey God's good instructions today?



MONDAY,
JULY 6

STANDING AMAZED!



God comes from Teman, the Holy One from Mount Paran. *Selah* His splendor covers the heavens, and the earth is full of his praise.

Habakkuk 3:3

One thing that's hard to grasp is the majesty and splendor of God. The limited human mind cannot even begin to understand His awe-inspiring power. Catching a glimpse of how incredible He is allows me to stand amazed that someone so majestic would love someone as simple as me! My response to God is to praise Him. I'd love for you to do the same today. You can worship him through singing and praying right now!

Today is Apple Turnover Day. Granny Smith apples are perfect for making this treat. Find a recipe and celebrate by making apple turnovers with your family.

TUESDAY,
JULY 7

BE CAREFUL

We demolish strongholds and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ. *2 Corinthians 10:5*

With so much information at the tips of your fingers, you have to be incredibly careful with what you believe. Everything you read online isn't necessarily true. When Paul was writing a letter to the Corinthians, they may not have had the same technology, but they faced similar issues you and I face. Teachers and leaders didn't always give the facts. So, Paul encouraged the people of Corinth to compare their knowledge and thinking to what Jesus taught. When things didn't match Jesus' teachings, it was clear that the information was false. This was wise instruction!



July 7 is Macaroni Day. Did you know that the average person in Italy eats over 50 pounds of pasta a year?

WEDNESDAY,
JULY 8

READY TO HELP

Therefore, love the Lord your God and always keep his mandate and his statutes, ordinances, and commands. *Deuteronomy 11:1*

When I was your age, my parents would remind me they loved me too much to allow me to continue to misbehave or make poor choices. Maybe your parents or loved ones have said the same to you, too. This verse reminds me that God loves you and me so much that He gave us boundaries and commands to help us. When you grow to love God more, you'll desire to keep those commands! Is there something you need to confess to God today? He's ready to forgive you and to help you make better choices that honor Him and are good for you!



THURSDAY,
JULY 9

OBEY RIGHT AWAY

Children, obey your parents in the Lord, because this is right. *Ephesians 6:1*

When your mom asks you to put down your device or your dad asks you to pause the show you're watching to get ready for soccer, it can make you feel frustrated. However, their requests are for your good. For example, they know the effects of screen time and how long it's going to take to drive to practice. So, while it may not feel like something you want to do, it's the right thing to do! It honors your parents, and it shows that you trust they know what is best. Surprise your parents today and obey right away!



Did you know the amount of screen time recommended for someone your age is two hours per day?

FRIDAY,
JULY 10

HE WANTS TO KNOW

Now if you will carefully listen to me and keep my covenant, you will be my own possession out of all the peoples, although the whole earth is mine. *Exodus 19:5*

God gave these words to Moses on Mount Sinai for the people of Israel. God wanted their obedience and their hearts. In the same way, God desires for you to honor Him by following, obeying, and loving Him. The whole earth is His, yet He cares for and wants to know you personally. It is truly amazing! Spend some time today thanking God that He loves you and wants a relationship with you!



SATURDAY,
JULY 11

ONE FOR ALL!

Through him we have received grace and apostleship to bring about the obedience of faith for the sake of his name among all the Gentiles. *Romans 1:5*

There's one word in this verse that stands out to me—all. You see, the apostle Paul wrote these words, understanding that he had a mission to share Jesus with *all* people who did not believe. Followers of Jesus have this responsibility, too. It is an honor to tell others about the love and forgiveness Jesus offers. Our obedience to share with others can change their eternity. So today, think of someone who needs to hear about Jesus and then tell her!

SUNDAY,
JULY 12

UP FOR THE CHALLENGE?

Don't be wise in your own eyes; fear the Lord and turn away from evil. *Proverbs 3:7*

Have you ever thought you had a good idea to later find it wasn't very wise? Maybe you gave a friend answers to an assignment in an effort to help her, but you got caught by the teacher instead. Sometimes you might just have to admit that you didn't think through all the outcomes. What feels good or seems fun may actually be unwise. Here's the thing, God is all-knowing which means He knows what is best for you. So, take your ideas to God, ask for wisdom, and trust God to guide you. Are you up for the challenge?



A popular convenience store offers free slurpees on 7/11, which happens to be the name of the store, too!

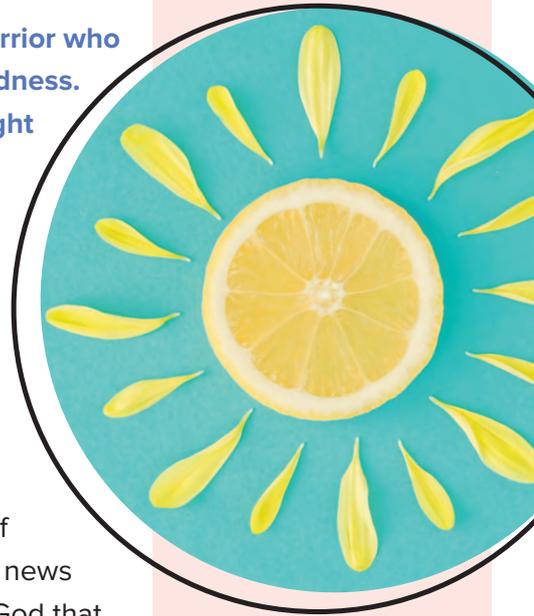
MONDAY,
JULY 13

NO MATTER WHAT



The Lord your God is among you, a warrior who saves. He will rejoice over you with gladness. He will be quiet in his love. He will delight in you with singing. *Zephaniah 3:17*

The same God who created the universe, who formed mountains and oceans, and who is all-powerful, loves you! He knows your name, and He made a way to save you. Sometimes, it can be hard to grasp this kind of unconditional, unexplainable love. In a world that doesn't offer that same kind of compassion and grace, it's truly the best news ever! Today, spend some time thanking God that He loves you no matter what!



The sun shines the brightest during the season of fall through the month of January. This is because the earth is closest to the sun at this point in its orbit around the sun.

TUESDAY,
JULY 14

BRING THE LIGHT



The one who says he is in the light but hates his brother or sister is in the darkness until now. *1 John 2:9*

Have you ever tried to find something in the dark? Without a light to illuminate the room, it's quite difficult. Once you flip the switch, the task becomes much easier. When you choose to follow Jesus, it's like flipping on a light switch wherever you go. You can take His light with you and shine it brightly when you love others well. In fact, people should know you love Jesus by the way you treat others with kindness and respect. Today, find some ways to love the people around you and to shine the light of Jesus brightly!



WEDNESDAY,
JULY 15

FIGHT BOLDLY

Therefore, submit to God. Resist the devil, and he will flee from you. James 4:7

Sometimes you're faced with tough choices. Your friends want you to do one thing, but you know it's unwise. You have the opportunity to lie or tell the truth, to love or ignore someone, to encourage or tear someone down with your words. It may not seem like a spiritual battle, but these are all opportunities to say *no* to temptation. Because of Jesus, you can be bold and brave to fight against the devil. When you're faced with a hard decision, look for opportunities to submit to God say *no* to temptation!

Are you struggling with temptation today? Here are a few verses to read when you find yourself tempted to sin:

- Psalm 119:9
- 1 Timothy 6:11
- 1 John 4:4



THURSDAY,
JULY 16

BE A TRUTH TELLER

Lying lips are detestable to the Lord, but faithful people are his delight. Proverbs 12:22

Isn't it great when a friend or family member tells the truth? It helps you know the person is trustworthy and dependable. When you need advice or have a question, it's easy to go to that person because you know she won't lie. In the same way you value honesty, so does God. Truth tellers please His heart. So, the next time you have to choose between the truth and a lie, be a truth teller! Decide today to honor others and God by speaking the truth, and when that moment comes you'll be ready.



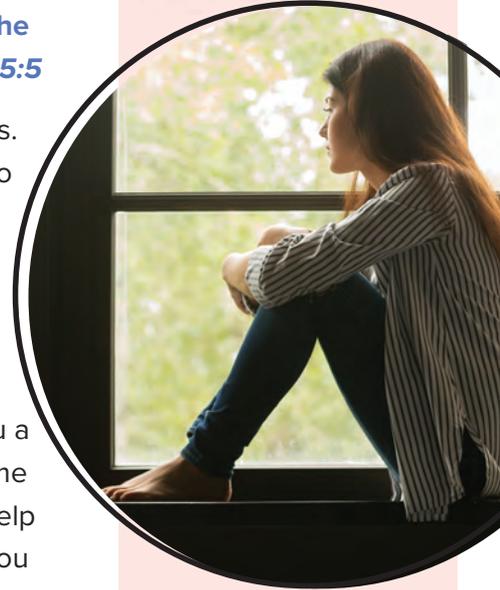
FRIDAY,
JULY 17

WHAT ARE YOU KNOWN FOR?



For know and recognize this: Every sexually immoral or impure or greedy person, who is an idolater, does not have an inheritance in the kingdom of Christ and of God. *Ephesians 5:5*

People who love Jesus naturally love others. They honor others with their actions, help to meet needs, cheer them on, and respect them as children of God. A life lived this way reflects the Savior and points others to the kingdom of God. Ask yourself if this is the type of life you are leading. Do you have a pure heart and a kind spirit? Are you a humble follower of Christ? If not, spend some time today asking for forgiveness and for help in making changes in yourself that allows you to honor God in all that you do.



SATURDAY,
JULY 18

ALWAYS CHOOSE LOVE



Everyone who hates his brother or sister is a murderer, and you know that no murderer has eternal life residing in him. *1 John 3:15*

Jesus calls people to love one another. This can be hard when a friend doesn't invite you to her birthday party or when your sibling breaks a prized possession. Love is more than just a feeling, it's a choice you make to honor Jesus *and* the other person. Showing hatred to someone is choosing to be disobedient to Christ. If you're feelings get hurt this week, take them to God. He knows how you feel, and He can help you to choose love over hate every time.

Has someone hurt your feelings recently? It will happen. Take a moment right now and ask God to help you forgive the person who hurt you.



SUNDAY,
JULY 19

IT'S SO MUCH BETTER!

Love the Lord your God with all your heart, with all your soul, and with all your strength. *Deuteronomy 6:5*

Your heart, soul, and strength are important parts of who you are as a human being. Loving God with all of yourself requires complete devotion to Him. It's so different than loving tacos or good movies; it's so much better, too! When you choose to love God with all of you, it will spill over into your relationships with your family and friends. They'll see the joy you have when you willingly choose to obey Him, honor Him, and share Him with others. Decide today that you're willing to love God in this way!

MONDAY,
JULY 20

I'D BE DELIGHTED, TOO

I delight to do your will, my God, and your instruction is deep within me. *Psalms 40:8*

The best example of someone who delighted to do God's will is Jesus. He did exactly what His heavenly Father asked of him to the point of death on a cross for your sins. Jesus knew that the plans God had for Him may not have been easy, but they were purposeful and good. He was able to confidently follow and obey because He trusted God. Maybe you need to follow Jesus' example to trust your heavenly Father and to do His will because He knows what's best for you, too!



Did you know Americans eat over 4.5 billion tacos each year? National Taco Day is October 4, but you may eat tacos on any day you'd like!

TUESDAY,
JULY 21

NO EXPECTATIONS

Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves. *Philippians 2:3*

Sometimes you might do things for others expecting to get something in return. Perhaps you make your bed and help with the laundry because you're hopeful your parents will let you hang out with your friends over the weekend. This verse is a reminder to do things without expectations—without trying to be seen or praised. When you follow this pattern, others will know they matter to you. You'll discover it's better to live focused on someone other than yourself! Think of something kind you can do for someone without them ever knowing (then go do it)!



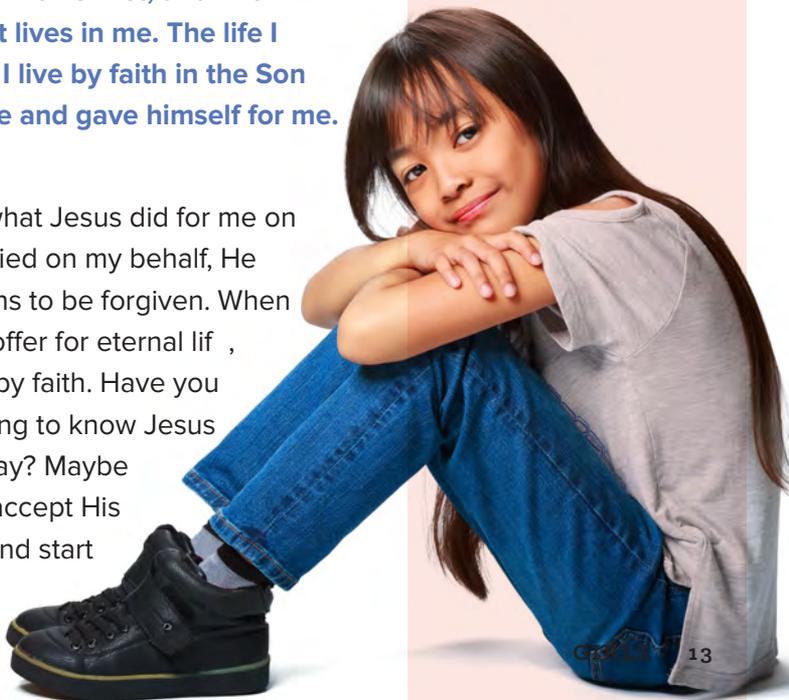
An average household completes 8-10 loads of laundry a week. From start to finish, an average load of laundry takes around 1-2 hours to complete.

WEDNESDAY,
JULY 22

THIS IS PERSONAL

I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. *Galatians 2:20*

I will never get over what Jesus did for me on the cross. When He died on my behalf, He made a way for my sins to be forgiven. When I take Him up on His offer for eternal life, I am choosing to live by faith. Have you ever considered getting to know Jesus in a really personal way? Maybe today is the day you accept His free gift of salvation and start living by faith!



THURSDAY,
JULY 23

HE NEVER STOPS LOVING

“As the Father has loved me, I have also loved you. Remain in my love. *John 15:9*

If you’ve ever felt unloved or unlovely for even a moment, then this is just for you! Imagine this: Jesus loves you the same way God loves Him. Wow, that changes things! You aren’t just liked, but you are unconditionally valued, adored, and cherished! There is no one who could love you more, and there is nothing you could do to make Jesus love you less! So, when you start to let your feelings or your peers tell you something different, remember this powerful passage and know that Jesus never stops loving YOU!



July 24 is Drive-Thru Day. Drive-thrus account for more than 70 percent of all the business fast food restaurants do. The best time to go through a drive-thru is early afternoon.

FRIDAY,
JULY 24

HIS LOVE CHANGES THINGS

For the love of Christ compels us, since we have reached this conclusion, that one died for all, and therefore all died. *2 Corinthians 5:14*

Take a moment and think about how deeply Jesus loves you. If you have a hard time wrapping your mind around an answer, consider that He sacrificed His life on your behalf! Doesn’t that blow you away? When I let that truth sink down deep into my soul, His love motivates me to love and serve others without seeking anything in return. Do you feel the same way? Today, allow the love of Christ to shine brightly as you talk with your friends, your teachers, your siblings, and your parents!



SATURDAY,
JULY 25

POINT TO HIM

There was a man sent from God whose name was John. *John 1:6*

My family always gets to the movie theater early to buy snacks and find good seats. When the movie trailers finally start, we get excited. They grab our attention and signal that the feature film is coming soon. Did you know that God sent a man named John the Baptist with a similar purpose? John was born to let others know that Jesus was coming soon. He lived to point people to the One that would change the world, bringing hope and light to all people! Perhaps there is someone in your school, at your dance studio, or in your home who you can point to Jesus today!



SUNDAY,
JULY 26

WHAT'S YOUR CHOICE?

But if it doesn't please you to worship the Lord , choose for yourselves today: Which will you worship—the gods your ancestors worshiped beyond the Euphrates River or the gods of the Amorites in whose land you are living? As for me and my family, we will worship the Lord .” *Joshua 24:15*

Each morning you must choose what time to get up, what to wear, and what to eat for breakfast. Before you leave home, you've already made dozens of decisions. One choice that matters more than any of those: Who are you going to worship? This decision will impact how you spend the rest of your day.

About half of school-aged kids pack a lunch for school each day while the other half eat lunch in the cafeteria.



MONDAY,
JULY 27

WHAT A GLORIOUS DAY!



On that day the Lord will become King over the whole earth—the Lord alone, and his name alone.
Zechariah 14:9

The Bible says that one day Jesus will return, and when He does, people will bow before Him as King. At that moment, there won't be any question about who Jesus is. Everyone will see His power and majesty clearly. Everyone will know that He really is Lord! Imagine people from every nation and tribe, speaking many different languages, all there to worship the one true God. What a glorious day that really will be!



TUESDAY,
JULY 28

NO MORE DARKNESS



Jesus spoke to them again: "I am the light of the world. Anyone who follows me will never walk in the darkness but will have the light of life."

John 8:12

If the power goes out during a storm, my family has a basket of candles in our kitchen cupboard that we pull out. In just seconds, what was once a dark room becomes light again as we watch the flames flicker. This reminds me of Jesus, who came into a dark world to bring light. His light, unlike my candles, can never be diminished. It can't be snuffed out, and it won't burn out. Isn't it awesome that, because of Jesus, you don't have to live in darkness anymore?

Did you know that a candle shouldn't produce smoke? If a candle is smoking, it means the wick is too long. Also, you should not freeze a candle to make it last longer, contrary to what some people recommend.



WEDNESDAY,
JULY 29

WHERE CAN I GET HAPPINESS?



How happy is everyone who fears the Lord , who walks in his ways? *Psalm 128:1*

What makes you happy—candy, a cute little puppy, or a day off school? Those are all great, but did you know your heart will find the *most* happiness when you fear the Lord and follow Him? This doesn't mean you're scared of God but that you respect Him. It may seem odd, but if you're searching for true happiness you won't find it in a candy store, a pet store, or playing video games. Instead, trust God and walk with Him each day through prayer and Bible reading. He is where happiness is found!



Did you know cupcakes originally didn't have frosting on top? They were flavored with spices and dried fruit. Icing began topping cupcakes in the 1950s.

THURSDAY,
JULY 30

DAY AFTER DAY



And whoever doesn't take up his cross and follow me is not worthy of me.

Matthew 10:38

When you hear the word *cross*, do you remember what Jesus did for us when He died? He gave up His life so you and I might choose to live a life free from sin. So, to take up your own cross means you choose to follow Jesus day after day, no matter the cost. You make the choice of how to live your life. Do your actions and motivations represent a life devoted to Christ? Are you focused on serving Jesus and honoring Him in everything you do? The sacrifice Jesus made should inspire you to live daily for Him!



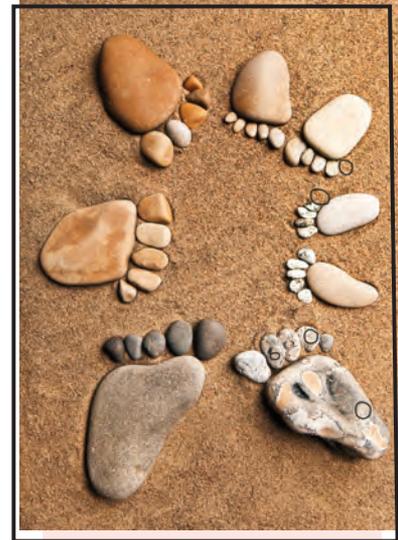
FRIDAY,
JULY 31

HE'S THE GUIDE!

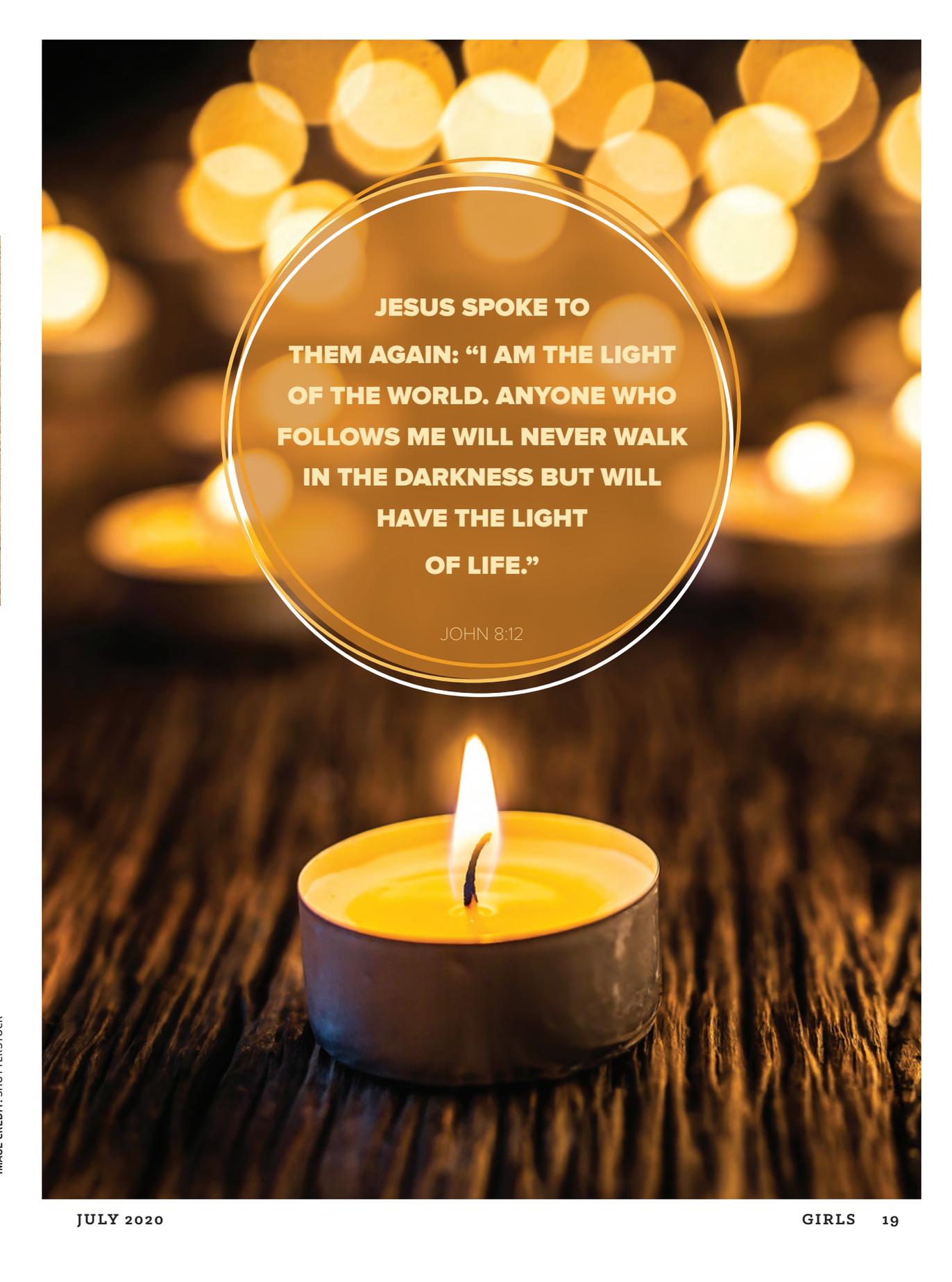
A person's steps are established by the Lord , and he takes pleasure in his way. Psalm 37:23

Sometimes it's hard to believe that God is concerned with the details of your life. You may even ask why the Creator of the universe would be interested in such small things. Yet, God loves you so deeply He desires to guide your steps and the direction of your life. When you have big decisions to make or when hard questions come to mind, take them to the Lord in prayer. Ask for God's direction. He cares for you, and He wants to lead you toward the purposes He has just for you!

The differences in the pictures found on BOYS 20-21 are circled below.



God cares about you! List some details about yourself below. Then spend a few moments thanking God for making you who you are.



**JESUS SPOKE TO
THEM AGAIN: "I AM THE LIGHT
OF THE WORLD. ANYONE WHO
FOLLOWS ME WILL NEVER WALK
IN THE DARKNESS BUT WILL
HAVE THE LIGHT
OF LIFE."**

JOHN 8:12

JOKES & RIDDLES

LOL!

Why does a seagull fly over the sea?



Because if it flew over the bay, it would be a baygull.

What animal is always at a baseball game?

A bat.

What did the little popcorn say to his mother?



What part of the fish weighs the most?

The scales.

Where's Pop?



Where do sharks go on vacation?

Finland

Why did the robot go on vacation?

He needed to recharge his batteries.



Why does ice cream always get invited to the party?

It's cool!



Knock Knock

Who's there?

Isabel!

Isabel Who?

Isabel working? I had to knock!

Why are the mountains the funniest place to vacation?



They are hill-arious!

What is the difference between a piano and a fis ?

You can tune a piano, but you can't tuna fish!



Why did the detectives show up at the concert on the beach?

Something fishy was going on!

What do frogs eat in the summer?

Hopsicles!

PSALM 40:8

Cintia Listenbee

I delight to do
your will, my God,
and your instruction
is deep within me.”

Psalm 40:8



Every Christian girl is faced with choices each day. When you wake up, you choose which outfit to wear. Sometimes your mom asks you to choose what's for breakfast. When you get on the school bus, you wonder which seat you should pick. Sometimes you can sit near the window, sometimes you have to sit near the aisle.

When you get to school, you still make choices—what to eat in the cafeteria and which game to play at recess. As a Christian girl, how you choose to treat others is important. You can choose kindness or you can choose the opposite.

You and I can do something to make sure our choices please God. The “something” is Bible reading. How do the words of the Bible get inside the heart? Exposure. The word *exposure* means “to come in contact with something.” When you go to the beach and you lay in the sun, your skin is getting exposed to the sun. In the same way, when you go to Sunday School and you learn Bible stories, you are getting exposed to God's Word, the Bible. The words of the Bible travel all the way from your ears to your heart.

Psalm 119:11 speaks about hiding God's Word in your heart that you might not sin against God. The Bible is a wonderful

book to read. As you are exposed to God's Word, you become aware of what God enjoys. God does not enjoy sin. You learn all about what God likes and dislikes as you continue to go to church and as you speak with your parents at home.

The more you learn about God, the better your decisions become. Instead of lying to someone, you speak the truth in love because that's what God wants Christian girls to do. Instead of ignoring a new student, you make her feel welcome because it is the godly thing to do. You can honor God with your choices. Reading the Bible helps you make choices that please God.

Every Christian girl is faced with many choices daily. I hope that each day you will be able to say "Jesus, I delight to do your will. I take pleasure in choosing to do what makes you smile. I am going to church, and I am reading my Bible. When I read something I don't understand, I ask for help. Your words are in my heart. I use your words to help me make good decisions each day. Amen."



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

