



Reflections journal

— Chapter One —

WRITTEN BY LINSEY DRISKILL

Chapter one

Heart treasure
**Lord, thank you
that I Am Yours.**

Week one day 1

ANSLEY WAS CONFUSED ABOUT WHAT TO DO

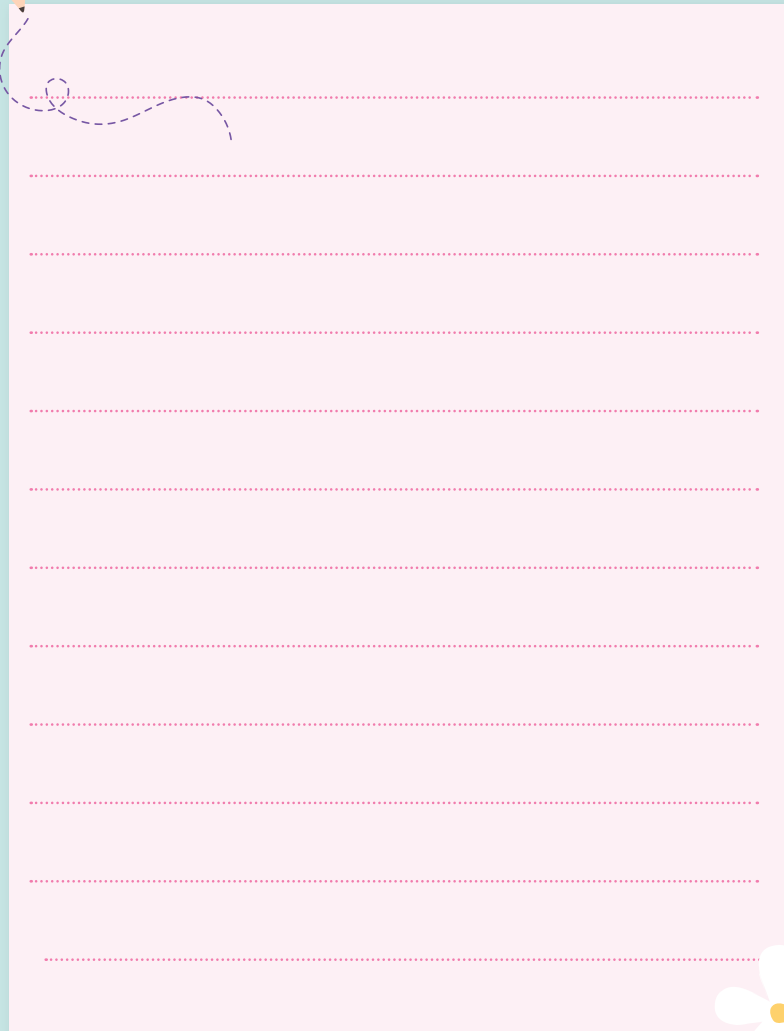
for her school assignment. She felt worried and frustrated, but then she prayed and asked God for ideas. She also thought about what her gifts were, and what she enjoys. *Romans 12:6* tells us,

*“We have different gifts, according to the
grace given to each of us.”*

Heart  *treasure*

Lord, thank You that I Am Yours.
Please lead me in my decisions and
help me use the gifts You’ve given me
to honor You. *In Jesus’ name, amen.*

**WRITE A PRAYER ASKING GOD ABOUT A DECISION YOU HAVE
TO MAKE IN YOUR LIFE RIGHT NOW.** If one doesn’t come to mind,
think about what you want to be when you grow up.
What are some different things that interest you?



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POST THE WORDS FROM 1 THESSALONIANS 5:16-18 on your wall or write them on your mirror with a dry-erase marker to remember what it looks like to do God's will. Ask God to help you follow these words this week.

Week one day 3

ANSLEY WAS TRYING TO FIGURE OUT who she should interview for her paper. Sometimes after praying it becomes clear, and other times we still aren't sure. No matter how we feel, we can always be clear about what God's will is for us. The verse we shared yesterday, 1 Thessalonians 5:16-18 tells us what it is.

Heart  treasure

Lord, thank you that I Am Yours.
Help me to do Your will by rejoicing,
praying and giving thanks always.
In Jesus' Name, amen.

**“Rejoice always,
pray continually,
and give thanks
in all circumstances.”**

1 THESSALONIANS 5:16-18

Week one day 4

ANSLEY PRAYED TO GOD, "Please be with me as I search for the answers. And help lead me..."
Ansley put *Proverbs 2:3-5* into action:

"If you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the Lord and find the knowledge of God."

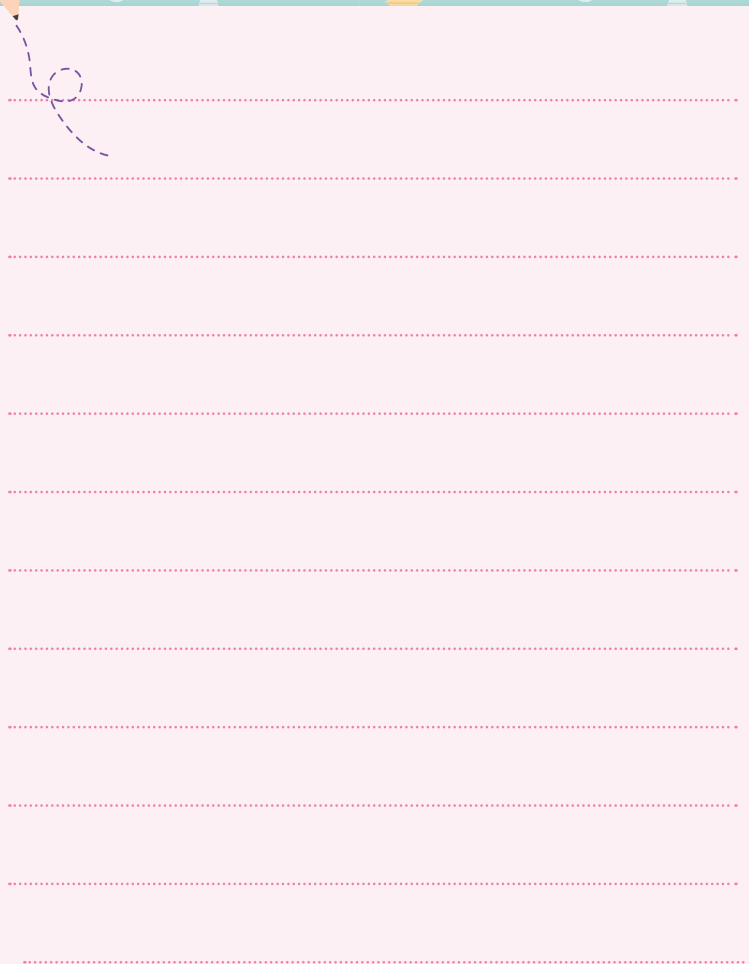
Heart  treasure

Lord, thank You that I Am Yours.
Thank you also that You promise to give me understanding.
In Jesus' name, amen.

IS THERE SOMETHING YOU'RE SEARCHING FOR ANSWERS TO?

Ask God to show you and lead you, and He will. Write a prayer to God about something you want to know and understand.

Have fun seeing what He shows you!





LIKE ANSLEY, YOU CAN INTERVIEW A PERSON WHO WORKS
IN A CAREER YOU'RE INTERESTED IN. Write down some questions
you can ask that person.

Week one day 5

ONE OF THE AWESOME TRUTHS Ansley understood
was that if she kept praying about what to do,
God would lead her. *James 1:5* tells us:

*"If any of you lacks wisdom, you should ask
God, who gives generously to all without
finding fault, and it will be given to you."*

Heart  treasure

Lord, thank You that I Am Yours.

Please lead me each moment of
each day. *In Jesus' name, amen.*

FILL IN THE BLANK TO HELP YOU
REMEMBER GOD'S TRUTH TODAY:



"If any of _____ lacks _____, _____ should
ask _____, who gives _____
to _____ without finding fault, and it _____
be given to _____."

Week two day 1

ANSLEY FELT WORRIED ABOUT WHAT TO DO WITH HER SCHOOL ASSIGNMENT so she opened up her Bible and read Jesus' words in *Luke 10:41-42*. She understood why Martha worried. And even Jesus felt overwhelmed at times too, but you know what He did about it? He prayed to God. And, that's just what we can do.

"The earth is the Lord's and everything in it, the world, and all who live in it."

PSALM 24:1

Heart  treasure

Lord, thank You that I Am Yours.

When I am overwhelmed, help me to rest knowing You hold everything in Your hands.
In Jesus' name, amen.

READ LUKE 10:41-42. In these verses, when Martha's anxiety rose, Jesus said her name two times, not in anger, but with love. He told Mary she was upset and worried about many things and pointed her to what mattered most. Share something with Jesus that you are upset or worried about.



Handwriting practice lines consisting of 10 sets of three horizontal dotted lines for writing.



Ask God to replace your worries with His love and presence.
Remember God's promise that He will always take care of you.

Week two day 3

IN LUKE 12:29 AND LUKE 12:31, JESUS SHARES TWO THINGS ABOUT FEELING WORRIED, just like Ansley was feeling. Read *Luke 12:27-31* and use the key to decode the puzzle to find out what those two things are:



🌈=S 🐱=W ❤️=D ★=G 📺=O 🎈=Y 🌙=N
 ☀️=T 🐦=K 🌸=R 💕=E ☮️=H ✨=I 🎵=M

Heart treasure

Lord, thank You that I Am Yours.
 I pray I will always seek You first.
In Jesus' name, amen.

JUST AS ANSLEY TALKED TO GOD ABOUT WHAT WAS ON HER HEART, when you start to feel worried or anxious about something today, read *Luke 12:22-31*. Write about why Jesus tells you that you don't need to worry.

And, what does Jesus say about how VALUABLE you are to Him (verse 24)? (**Definition of valuable: a thing that is of great worth.**)
YEP, THAT'S YOU!



Week two day 4

ANSLEY WAS FRUSTRATED THAT SHE WORRIED

AFTER PRAYING. So, she prayed again. She knew that God wanted to hear from her and that He would listen. Sometimes we can feel like a burden to God, wondering if He really wants to hear from us again and again. But Luke 12:32 tells us how God really feels about giving you His time, His love, His kingdom.

“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.”

Heart treasure

Lord, thank You that I Am Yours.

It is so awesome that You love me, delight in me and that I can always keep coming to You.

In Jesus' name, amen.

FILL IN THE BLANKS BASED ON LUKE 12:32:

“Do not _____, little flock, your Father has been _____ to give you the kingdom.”

IN THIS VERSE, WHAT DOES JESUS SAY HE DOES NOT WANT YOU TO DO?

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And, how does He feel about giving You His kingdom?

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WHAT DOES THIS SHOW YOU ABOUT HOW GOD FEELS ABOUT YOU?

Remember, out of all the people God could have created, He chose to create you!

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WHAT DO YOU SPEND MOST OF YOUR TIME DOING AND FOCUSING ON? That is where your treasure is and where your heart will also be.

Week two day 5

ANSLEY REALIZED THAT WHAT SHE FOCUSED ON, was where her heart and mind would be also. When she was filled with worry and frustrated, that's what filled her heart. When she chose to spend time talking with God, that's where her heart was. Ansley grasped a great truth that Jesus shared in *Matthew 6:21*:

"Where your treasure is, there your heart will be also."

Heart  treasure

Lord, thank You that I Am Yours.
Please lead me each moment of each day and be my greatest treasure.
In Jesus' name, amen.

WRITE ABOUT WHAT YOU WANT YOUR GREATEST TREASURE TO BE IN YOUR LIFE, and some ways you can make that happen.



And, with all this treasure talk, let's have some fun with it! Ask your parent to create a **SCAVENGER HUNT** for you where one clue leads you to the next clue, which leads to a final prize or "treasure" at the end!

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Week three day 3

AUNT SAM SHARED WITH THE GIRLS that things you are sure will be worth a lot of money are sometimes not worth very much at all, and then the oddest things that you might consider to be junk, can turn out to be worth thousands of dollars! It can be easy to judge things or people quickly by what we first see, but *1 Samuel 16:7* says:

“The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.”

Heart  treasure

Lord, thank You that I Am Yours.
Help me to not focus on outward appearance, but to look at the heart. *In Jesus' name, amen.*

WHEN DID YOU MAKE A QUICK JUDGMENT ABOUT SOMEONE, but found out later you were wrong? What did you later discover about this person that you liked? How can this verse help you with people you meet?



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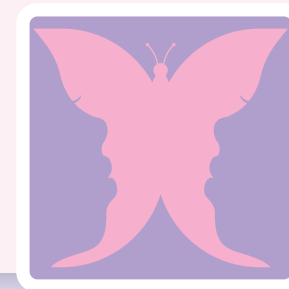
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DO YOU SEE THE TWO DIFFERENT IMAGES IN THIS ONE PICTURE?

Sometimes you have to look a little longer to see what's in front of you.



A butterfly and two girls' faces

Week three day 4

SINCE WE'RE TALKING ABOUT UNCOVERING BEAUTY IN THINGS, let's discover some beautiful things about yourself! You are God's beloved child—He is enthralled by you and loves you dearly. Each of us has certain quirks and specific things that make us who we are. And, He has made you uniquely you.

*"The king is enthralled by your beauty;
honor him, for he is your Lord."*

PSALM 45:11

Heart treasure

Lord, thank You that I Am Yours.
It is so awesome that You love me,
delight in me and that I can always
keep coming to You.
In Jesus' name, amen.

WHAT ARE SOME OF THE THINGS THAT MAKE YOU, YOU?

Create an acrostic with your name. Write your name vertically, and starting with each letter of your name, write a word that describes you! Here's an example:

L-Loyal
E-Easy going
N-Noble
A-Adventurous



IN YOUR LIFE RIGHT NOW, WHAT ARE SOME WAYS YOU CAN
use your gifts or skills to glorify and honor God? What do you dream to
be able to do one day, and how can you point people to God in that?

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Week three day 5

**AFTER WATCHING VITA, THE HOST OF THE
ANTIQUE TV SHOW,** Ansley imagined herself in
a beautiful dress doing the same thing. God is
the creator of our imaginations and behind the
dreaming in our hearts. With the dreams you
have, you can bring glory to God and honor Him.
Ephesians 3:21 says:

*“Now to Him who is able to do immeasurably
more than all we ask or imagine, according
to His power that is at work within us, to Him
be glory in the church and in Christ Jesus
throughout all generations,
for ever and ever!”*

Heart treasure

Lord, thank You that I Am Yours.
Thank You for giving us hearts to
dream, and that You weave our
passions and dreams together!
In Jesus' name, amen.

Week four day 1

LIKE ANSLEY, AS YOU DISCOVER MORE OF WHAT you want to do in life, it can be tiring to think we have to do this and that to please God, get everything right, and figure it all out. You know what is so freeing? We don't have to. He meets us right where we are. *Galatians 5:1* reminds us that,

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Heart  treasure

Lord, thank You that I Am Yours.
I praise You that I am free in You.
In Jesus' name, amen.



Week four day 2

IT CAN BE EASY TO GET CAUGHT UP IN TRYING to do everything right like we talked about yesterday, but forget the most important thing—to love the Lord and to spend time with Him. If our hearts are filled up with God’s love from spending time with Him, good things will naturally come out of our hearts.

“First clean the inside of the cup and dish, and then the outside also will be clean.”

MATTHEW 23:26

Heart treasure

Lord, thank You that I Am Yours.

Lord, I pray You would forgive me for when I haven’t loved You or others. Refresh my heart and fill it up with Your love. *In Jesus’ name, amen.*



TAKE A SMALL BOWL OUTSIDE AND POUR A LARGE PITCHER OF WATER INTO IT. If you keep pouring, the bowl will eventually overflow. In the same way, as you fill your heart with God’s love and forgiveness, that is what will overflow from your heart. Let’s do what *Matthew 23:26* says: Ask God to forgive you for ways you haven’t loved Him and others (that’s cleaning the inside of your cup), and then “the outside also will be clean.”

Week four day 3

ANSLEY KEPT SEARCHING FOR WISDOM about what to do. She ended up taking her confusion and frustration to God. Jesus tells us,

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

MATTHEW 11:28-29

Heart treasure

Lord, thank You that I Am Yours.

Be my resting place.
In Jesus’ name, amen.

WHAT IS YOUR RESTFUL PLACE—A PLACE THAT YOU THINK OF WHEN YOU THINK OF PEACE AND RESTING? If you can, go to that place today and talk with Jesus. If not, remember that you can talk to Him anywhere, any time. Rest and relax and take some time clearing your mind and sharing your heart with Jesus.

Week four day 4

ANSLEY LEARNED TIME AFTER TIME TO LOOK TO GOD AND TO DEPEND ON HIM. A trust fall is a fun way to understand what it feels like to let go and trust. Ask your parent to stand behind you and yell, "Trust me!" and then you fall back into their arms. In that same way, we can trust and depend on the Lord.

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

PROVERBS 3:5-6

Heart  treasure

Lord, thank You that I Am Yours.

I pray that I would trust You and look to You in all things.

In Jesus' name, amen.

HOW DOES IT MAKE YOU FEEL THAT YOU CAN FALL INTO YOUR FATHER'S ARMS, trust Him, and that He loves you no matter what?

What do you want to trust Him with today?



A large light blue rectangular area with horizontal dotted lines for writing. A dashed purple line starts from the pencil tip and loops around the first few lines.

Week four day 5

WHEN THE SISTERS HEARD THAT THE TRAVELING TREASURE TRUNK SHOW would be in their town, they “leapt up from the couch and knocked over their neat stacks of folded clothes and startled the dogs who began barking again.” They were overjoyed! *Ecclesiastes 3* tells us that:

“There is a time for everything, and a season for every activity under the heavens ... a time to weep and a time to laugh, a time to mourn and a time to dance.”

Heart  treasure

Lord, thank You that I Am Yours.

Thank You for all the different emotions You've given us and that there is a time for each of them. *In Jesus' name, amen.*

WHEN WAS A TIME YOU WERE WEEPING OR LAUGHING OR MOURNING OR DANCING? What about that moment made you feel that way? Share your heart with the Lord.

A time I was weeping:

A time I was laughing:

A time I was mourning:

A time I was dancing:

UNSCRAMBLE THE WORDS:

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Lord,
Thank You that
I Am Yours.

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FOR **GIRLS**  **YOU**