

FOR GIRLS LIKE YOU

the KINDNESS ISSUE

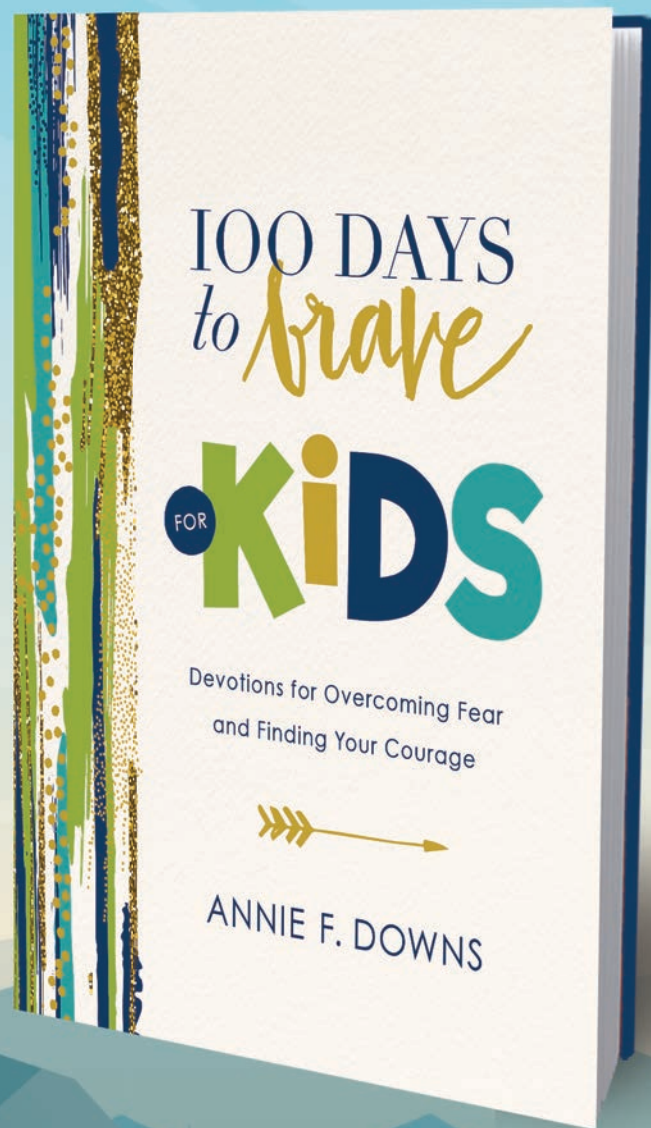
JANUARY/FEBRUARY 2022

SPRINKLE KINDNESS!

MEET SARAH KATE &
OTHER FOR GIRLS LIKE YOU READERS
WHO ARE SPREADING KINDNESS ONE SMALL ACT AT A TIME

Like Confetti ♥

YOU ARE Brave.



100 days of devotions
TO HELP YOU DISCOVER YOU ARE BRAVER THAN YOU KNOW
AND STRONGER THAN YOU THOUGHT POSSIBLE!

FOR GIRLS LIKE YOU

Volume 12 Issue 1

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P.O. Box 681322
Franklin, TN, 37068
888.906.9055
info@forgirlslikeyou.com

FOUNDER
Wynter Pitts

PUBLISHERS
Jonathan Pitts and Four Girls Like You
in association with Roberta Croteau

EDITOR IN CHIEF
Roberta Croteau
roberta@forgirlslikeyou.com

EXECUTIVE PRODUCERS
Alena Pitts Kaitlyn Pitts
Camryn Pitts Olivia Pitts

ART DIRECTOR
Mary Sergeant

CONTRIBUTORS
Courtney DeFeo
Larson D.
Linsey Driskill
Dannah Gresh
Jackie Marushka
Sarah Kate S.

CIRCULATION DIRECTOR
Jamie Brooks

WEB DESIGNER AND DEVELOPER
Ted Barnett

COVER PHOTOGRAPHY
Chloe Garfield

SUBSCRIPTIONS/CUSTOMER SERVICE
Call toll-free 888.906.9055 or email
subscriptions@forgirlslikeyou.com

THE PITTS CREW
(a group of incredible people who have lent
their hearts and unique talents to keep
Wynter's dream growing and thriving)

Nicole Bryan
Courtney DeFeo
Dione Dewitte
Ken Ott
Carmen Pitts
Peta Pitts
Taylor Watt

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hello FRIEND



BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS, SELF-CONTROL; AGAINST SUCH THINGS THERE IS NO LAW. Galatians 5:22-23

The fruit of the Spirit is a wonderful picture of the goodness given to us by God. Each of these ... love, joy, peace, patience, kindness ... grow in us as we walk step in step with the Spirit of God and grow in relationship with Jesus. As our relationship develops with Him, His Spirit gives us the power to offer this delicious fruit to those around us! As Jesus taught us—loving God and loving our neighbor are two of the most important things we can do with our lives—and we can do this only as His Spirit empowers us and His fruit grows in our life from seed to fruit form!

When we discovered that February 17th was Random Acts of Kindness Day and that our book, *Living As God's Girl* (a book that helps you learn more about the fruit of the Spirit) was coming out in January, we knew exactly how we wanted to kick off a new year of **FOR GIRLS LIKE YOU**—with a Kindness Issue—and that is what you are reading now!

Inside you'll meet our cover girl, Sarah Kate, who has made sharing kindness an important part of her every day. And many of you told us incredible stories and ideas about how you have already shared acts of kindness and you also challenged us to try fun new ideas of ways we can "sprinkle kindness" throughout the year.

A "random act of kindness" is often done secretly but you can also randomly show kindness to someone you know! Whether it be for a stranger or a friend, here are some helpful words from Jesus that help us know the true mark of the Spirit's kindness:

"When you do something for someone else, don't call attention to yourself. When you help someone out, don't think about how it looks. Just do it—quietly and unobtrusively. That is the way your God, who conceived you in love, working behind the scenes, helps you out."

Matthew 6:2-4 THE MESSAGE

This is kindness by the fruit of the Spirit. It's loving with no need of anything in return!

Whatever way you chose to show kindness, we hope that this issue will inspire you to make it a part of every day of *your* life. We know that when we show kindness to others—when we live out any of the fruit of the Spirit that God has given us—we are sharing the love of Jesus, and being His hands, His feet and His heart in a world that needs to know Him more than ever.

Be kind ... always,

**JONATHAN & YOUR FRIENDS AT
FOR GIRLS LIKE YOU!**

THE KINDNESS Issue

FOR GIRLS LIKE YOU

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SARAH KATE is a one-of-a-kind girl who really knows how to sprinkle the confetti of kindness in every part of her life ... and to every one she meets! Get to know this God's Girl and discover what she's learned about spreading God's love through random and not-so-random acts of kindness!.....12

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AMBASSADORS OF KINDNESS

God's Girls are always shining their light to share Jesus' love. Read about these *For Girls Like You* readers who have made kindness a big part of their lives ... and take up their Random Acts of Kindness challenges for 2022! Plus, Courtney Defeo tells the story of organization she started to help us all share kindness.....20

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SPrinkles

SPRINKLE JOY. SPRINKLE FUN. SPRINKLE BEAUTY.



THAT'S A-DOLL-ABLE!

I love art. I made this paint palette, paint brush and the canvas for my doll with my 3D-doodle pen. I enjoy sewing clothes for my dolls and creating things for them to use! — *Kylie (10)*



SEW IN FASHION

My absolute favorite issue of *For Girls Like You* is the Fashion Issue! I was inspired to become a fashion designer when I grow up, so I created these outfits. Since I'm terrible at drawing amazing outfits, I glued articles of clothing cut from fabric onto a piece of paper, and it has the same effect as a drawing! I've also been sewing my first dress, and it's going well, except I haven't worked on it in a while. I love fashion—I was also a model several years ago—and if I ever have a fashion company, it would most likely be called Pins and Needles. — *Lillian (12)*



EVERYTHING IS BEAUTIFUL

I like the beautiful sky of the beach. It reminds me of everything God has done for me and everything He has made. God is the best at every little or big thing because He is always by my side. — *Margo (8)*



UP, UP, AND AWAY!

Hello! I drew this with a pencil and colored pencils. I drew it because a girl flying with balloons is what I think of when I read Jeremiah 29:11! — *Evie (9)*



PLYMOUTH ROCKED!

I am Kenzie (left) and this is my BFF, Tess. We are best friends and we both get **For Girls Like You** magazine and we love it! We went to Plymouth, Massachusetts for two nights with my grandmother and we had a blast! Our days were filled with roaming the bustling streets, zipping down the hotel's waterslide, and devouring sticky and messy cotton-candy burritos. We also walked the jetty and played in the sand. We took eerie walks through the graveyard and hid behind graves. Overall, it was a good (but crazy!) trip! — **Kenzie (11)**



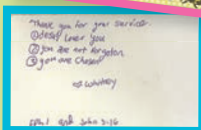
YOU GOGH GIRL!

I call this "Desert Stars." I was inspired by Van Gogh's painting, "Starry Night."
— **Reagan (10)**



BEE KIND

I vividly remember when people started wearing masks, and emotions at places we went were not the same. I decided I had to do something, so I designed these simple **"Be Happy Bumble Bee"** cards to leave a smile wherever I go. I love handing them out on airplanes, to the clerks at the store and many veterans. (The man in the photo is a 96-year-old WWII veteran!) I've shared them in Texas, Missouri, Florida, Arkansas, Iowa and Illinois! I printed 300 and I'm down to my last 20. I plan to print more and want to encourage everyone to look around and spread kindness to others in our paths. I've received tears, thanks, and lots of hugs. By handing out these cards, I'm reminded of the goodness of God and to be His light. He is the light of the world and I feel blessed to point others to HIM! — **Whitney (12)**



FUNNY DOWN UNDER

I'm all the way from New Zealand and I love reading your magazine. I live on a dairy farm and would love to be a vet one day. This is my calf Heidi—I went to a show with her and won overall champion! I have two jokes to share—I hope you like them!



Why did the kid throw his clock out the window?
Because he wanted to see time fly!

What are fish so smart?
Because they live in schools!
— **Nyla (11)**



MEET

LARSON ANN



I love my family and especially our dog Mazie!



I am 12 years old and I love to wakeboard at my happy place!

A GIRL LIKE YOU

Do you know how your name was chosen/who you were named for? My first name was in a name book and my parents just liked it. And my middle name, Ann, is in honor of my grandmother, Jo Ann.

Tell us about your family. I have a sister named Ella who is in 9th grade. And my parents have been married for 18 years. I have an older sister named Lauren who isn't related to us, but we consider her family.



My sisters, Lauren and Ella

And tell us about your pets!

I have a dog named Mazie. She is a Cavalier King Charles Spaniel. She is my favorite in the family.

Describe yourself in three words.
Joyful. Caring.
Adventurous.

What are your favorite hobbies?
Soccer, tennis, cheer, wakeboarding and art

What do you want to do or be when you grow up?
I want to be a graphic designer.

What is something you want all girls to know about God? To focus more on God than anything else. Love Him first, then others, then yourself.

What is something that nobody would ever guess about you? I have lived in three states.

What is one of your favorite memories? Being in London with my family

Where is your happy place? My happy place is at my grandparents' lake house in South Carolina. I love being in the lake with my cousins and friends. I also love being at camp every summer.

What are some things on your bucket list? Attend a World Cup soccer game and get another dog

What has God been showing or teaching you lately?
God has been teaching me how to make wise decisions in daily life and how to be the hands and feet of Jesus.

What is one of the coolest things you have ever seen? Or done? This summer, I got to take an ATV ride in Hawaii—where many *Jurassic Park* and *Jumanji* scenes were filmed.

LIVING KINDNESS

I try to think of others more than myself every day. Sometimes that looks like encouraging people or giving someone a compliment.

In the summer, my family serves at Lighthouse Family Retreat. It's a place where families with childhood cancer can enjoy the beach. I love helping the little kids have a fun time and hanging out with the bigger kids.

When I was little, my mom started a kindness program called **Light 'Em Up**. One of my favorite memories was when we put big "THANK YOU" signs on the trash can with a candy gift for the collectors.

My Random Act of Kindness Challenge for 2022 is:
At school, write a few letters to people and say why you are glad they are in your life.



Playing with one of the kids from Lighthouse Family Retreat

MY FAVORITE THINGS

Color: Pink and green
Song: "God So Loved"
Books: Anything Narnia
Food: Bacon

Thing To Wear: Sweatshirts
Vacation: London
Class in School: Bible
Bible Verse: Philippians 2:2-3

"Then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves..."

GOD'S girl

WYNTER'S WORDS

DEVOTIONALS & MORE TO GROW YOUR FAITH



CHOOSING KINDNESS

HAVE YOU EVER NOTICED THAT KINDNESS IS CONTAGIOUS?

Think about a time when you were having a bad day, but then someone smiled or said something kind to you, and suddenly you felt better. Whenever that happens to me, I am grateful for the unexpected kindness—and then I want to surprise someone with my kindness.

This chain of kindness is a part of God's plan. One reason God grows His fruit in His children is so we can share that fruit with those around us. God wants us to share the love, the joy, the peace, the patience, and the kindness. Everything God grows in us is for us to enjoy and to give to others.

You see, whatever God gives us doesn't actually belong to us. Everything belongs to Him, and He has chosen us to take care of all He's given us and share it with others.

Kindness may be contagious but being kind isn't always easy. We've seen, for instance, that we can't produce the fruit of the Spirit on our own. God grows His fruit in us by the power and presence of His Spirit. Also, being kind requires that we think of those around us instead of thinking only about ourselves, and that approach to life definitely requires help from God.

So what are some ways you show people kindness? Maybe you're resting comfortably on the couch, you hear your mom struggling with the grocery bags, and you jump up to help her even when you don't feel like it. This is the type of kindness God wants to

give us through His Spirit, and He gives us a picture of this kindness in the Bible. Sometimes it can be hard to be kind to our family and closest friends, and it can also be hard to be kind to people we don't know well. No matter how hard it is to obey, we need to do what Jesus taught us:

TREAT OTHERS IN THE SAME WAY THAT YOU WOULD WANT THEM TO TREAT YOU. (LUKE 6:31 NET)

In other words, do something for someone that you would want them to do for you, regardless of who they are. God doesn't say, "Be kind if someone is kind to you," does He? That assignment would be a lot easier, wouldn't it? But God wants us to choose to be kind to people even if they have nothing to offer us and no matter how they treat us.

You are God's girl. That means you don't have to take care of your own needs because God is taking care of you. Being God's girl also means you can share anything you have.

Remember that God showed us the greatest kindness ever when He sent His Son, Jesus, to die for our sins. The kindness you show people around you will help them to see Jesus's kindness in you.

What will you do to say yes to kindness today?

Adapted from *Living As God's Girl* by Wynter Pitts. Courtesy of Harvest House Publishers.

DEAR God.

THANK YOU FOR BEING SO KIND. I CAN NEVER SAY THANK YOU ENOUGH OR PAY YOU BACK FOR ALL YOU HAVE DONE FOR ME. HELP ME TO FOLLOW YOUR EXAMPLE AND SHOW THAT SAME KINDNESS TO OTHERS. I WANT TO BE WILLING TO GIVE ANYTHING I HAVE TO OTHERS BECAUSE I KNOW THAT EVERYTHING I HAVE WAS GIVEN TO ME BY YOU. AMEN

GIRL talk

WITH THE PITTS GIRLS



TALKING ABOUT KINDNESS!



I WOULD LIKE TO CHALLENGE MYSELF AND OTHERS IN THE FOR GIRLS LIKE YOU COMMUNITY TO BE INTENTIONALLY GENEROUS GOING INTO 2022! Generous with our time, our resources, our money, and our love. In 2022, I want to give out Christ's love like never before. The world is aching, and we are meant to be light. Let's be the light that we're called to be and love others well this next year!

I REMEMBER WHEN I WAS YOUNGER AND LIVING IN TEXAS, MY FAMILY WOULD PACK SNACK BAGS AND PUT THEM IN THE CAR!

We went to downtown Dallas a lot and there were many people on the streets with no food or water! Whenever we would go through the city and we saw someone in need, we would give them this snack bag. I haven't done it in a while, so I challenge myself and all of you this year to pack these bags and give them to people in need! Also remember that little things really do matter the most to people, even if it's just a smile in the hallway at school!



"BRING LOVE WHEREVER YOU GO. SHINE LIGHT WHEREVER IT'S DARK. LEAVE BLESSINGS WHEREVER YOU'VE BEEN. BE KIND WHEREVER YOU ARE."

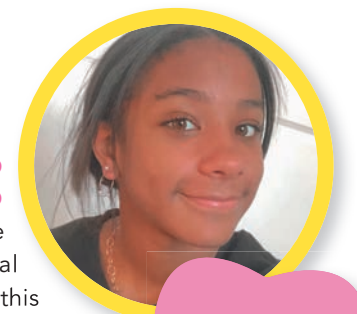
MARY DAVIS



I HOPE Y'ALL HAVE HAD A WONDERFUL START TO YOUR YEAR SO FAR! I recommend for each and every one of us to show a real act of kindness—even if it is just giving someone a hug, or even giving them their favorite candy! If your act of kindness is truly from your heart, then it will give anybody a smile!

FOR VALENTINE'S DAY THIS YEAR I WOULD LIKE TO CHALLENGE YOU GUYS ... AND MYSELF!

We are all excited to receive chocolate and flowers for this special day, but what are you excited to give this Valentine's? I am going to be thinking—and I hope you will too—of a thoughtful gift I can get someone who is very special, and a gift for someone I don't know at all!





WHAT DID ONE
LIGHT BULB SAY TO
THE OTHER ON
VALENTINE'S DAY?

I LOVE YOU WATTS
AND WATTS!

A CLOWN HELD
THE DOOR OPEN
FOR ME.
WHAT A
NICE JESTER!

WHAT DID THE
BOY OCTOPUS SAY TO
THE GIRL OCTOPUS
ON VALENTINE'S DAY?

I WANT TO HOLD YOUR HAND
HAND HAND HAND
HAND HAND HAND.

WHY DO MELONS
HAVE WEDDINGS?
BECAUSE THEY
CANTALOUPE!

WHAT ARE
TWINS
FAVORITE FRUIT?
PEARS!

NO MATTER HOW
KIND YOU ARE,
A GERMAN KID
IS KINDER!

WHAT KIND OF FLOWERS
DO YOU NEVER GIVE
ON VALENTINE'S?
CAULIFLOWERS

WHY WERE THE APPLE
AND ORANGE
ALL ALONE?

BECAUSE THE
BANANA SPLIT

WHERE DO HAMBURGERS
TAKE THEIR VALENTINES
ON VALENTINE'S DAY?
TO A MEATBALL!



SEND US YOUR FAVORITE LOLS! What jokes make you laugh? Have a great riddle to stump us? Have you drawn a cartoon you'd like to share? Anything funny at all—we want to hear from you! Email LOL@forgirlslikeyou.com!



TRUE girl

WITH DANNAH GRESH

SWEET WORDS

THE BIBLE COMMUNICATES THAT THE WORDS YOU SAY ARE A GOOD INDICATION OF WHAT'S IN YOUR HEART. So, what's in yours? How have the words others have spoken to you demonstrated what's in their heart?

You won't need to look very far to encounter examples of harsh and discouraging words. Our world seems to thrive on saying hurtful and mean things to each other. Here's the problem with that: the Bible also communicates that words have power. They bring life. They also bring death. (Proverbs 18:21) Something's got to be done!

Let's look at this sweet power verse to make the conversation in your home, well ... sweeter:



**KIND WORDS ARE LIKE HONEY:
SWEET TO THE SOUL AND
HEALTHY FOR THE BODY.**

(PROVERBS 16:24)

Honey never spoils! If you keep it in an airtight container, honey will last forever! OK, we've not tested "forever" but archeologists found some honey in an enclosed Egyptian pharaoh's tomb that was over 3,000 years old—and it was edible!

That's kinda awesome since it's delicious. (Since it's made of 80 percent sugar, it should be!) But it's also very useful. Honey has been proven to soothe sore throats, help wounds heal, and fight bacteria in our bodies. It's healing to our bodies.

The Bible teaches that when you say something kind, it is to the soul what honey is to the body. Saying nice things has a lasting healing impact on someone's soul. And it's not only sweet but healing.

And we can only hope it lasts one tenth as long as that honey found in Egypt! If it did, the kind things you say could last someone's entire life!

After you're done reading this, go get some honey in your kitchen and have a spoonful. Think about all the ways your words could be like honey!

SPREAD SOME

Sweetness

GRAB A FAMILY MEMBER AND A BOX OF BROWNIE MIX FOR THIS FUN ACTIVITY THAT WILL HELP YOU SPREAD SWEETNESS (AND KINDNESS) TO OTHERS.

STEP 1: Make your brownies. While you do, discuss **Proverbs 16:24** using the questions below.

How do you feel and respond when someone yells at you or speaks harshly to you? What about when someone speaks kindly?

Why do you think God cares about using our words to show kindness?

What are some ways we can use more kind and encouraging words with each other at home? With our friends?

STEP 2: When the brownies cool off, cut them into squares and put them into a disposable container. Decide together who should receive them.

STEP 3: Write a note with kind words to encourage them! Pray for them and deliver the brownies.





SPRINKLE KINDNESS!

Like Confetti 

SARAH KATE'S STORY

HI I'M SARAH KATE. I'M 11 YEARS OLD AND I CURRENTLY LIVE IN KNOXVILLE, TENNESSEE ALTHOUGH I WAS BORN IN NASHVILLE. You might not know this, but you've probably seen me before ... or at least my hands. Since my mom is the **For Girls Like You** magazine designer, I usually help with the "Getting Crafty" page. But this month you're not only going to see me doing crafts, but I also get the amazing chance to share my own experiences with you.

Be Kind
TO ONE ANOTHER.

—Ephesians 4:32

This is one of the biggest lessons I've learned, growing up in our family. Over the years we've spread love to people around us in many different ways. One of the first things that comes to mind when I think of my personal experiences of being kind was around five years ago. My sister Anna and I would deliver a package of dinner to comfort or help out people who were having a rough day or just needed support. We called it "The Dinner Fairies." I remember getting home from school and being so excited to make these people dinner and help them out — sometimes we even packed them lunches for their kids for the next day. We would put on our fairy wings and ring the doorbell and surprise them! It was so fun and I feel like it really brought out that part in me where I love to bake and cook, and we even made our own logos (with my mom's help) and turned them into stickers. Although these dinners might not



MY FAMILY—DAD, MOM, ME, ANNA AND LILY



Meet SARAH KATE!

Tell us about your family: I am a middle child. I have two sisters, Anna (14) and Lily (7).

Tell us about your pets: I have two really sweet cats, Allie and Phoebe

What are your favorite hobbies?

Reading, drawing, making bracelets

Describe yourself in three words: Kind, caring, thoughtful, brave, curious and creative (Sorry, I can't pick just three!)

What do you want to do or be when you grow up?

When I grow up I either want to be a fashion designer, because I love to be creative; an architectural engineer, because I love to build/design things; a college professor, because I love to teach; or an electrical engineer, because I like to explore and create new inventions to solve everyday world problems.



have been much, I feel like it really made their day because it's the little things in life that count. And we still deliver meals to friends and family when they are sick or going through a rough time — I just skip the fairy wings now.

SPREAD THE LOVE

From that point on, kindness in my little 6-year-old heart continued to grow. Other moments of spreading kindness as a kid that I remember were blessing bags and sunshine boxes. A blessing bag is where we put a bag together of food and basic supplies then give it to someone less fortunate than we are—usually homeless people we encountered around our town. We just kept them in the car to pass out when we saw someone in need. And a sunshine box is where if we know someone who is sad, we make a box of little yellow gifts. Some of the small things we put in the sunshine boxes were lip balm, gift cards, gum, candy, self-care products, etc. The point is we would always make some sort of care package to show we care about that person and brighten their day.



What does kindness mean to you?

Kindness to me means caring about others more than yourself; not being self-centered. And being able to be there for someone and support them in their hard times.



DINNER FAIRY LOGO & SUNSHINE BOX

HAPPY HAPPY HOLIDAYS!

My family always loves to do kind things during the holidays—especially at Christmas! One of the things we do is pack shoeboxes for children in need. We usually fill the boxes with toiletries, small toys and fun items. I feel like one of the main reasons we do this is because it makes me feel really sad to know there are kids out there just sitting on the streets or in shelter homes with no gifts and no one to love them. We've also adopted families and delivered Christmas gifts to them. One of our favorite ways to think of others during the holidays is to fill our Advent calendar with random acts of kindness, so we are thinking of others throughout the whole season. Another thing we do during Christmas is we make a box of treats and water for the delivery drivers so when they deliver a package, they can get a nice surprise.

LOVE IS IN THE AIR

Valentine's Day is a fun time in our house too. Every year, the night before V-Day, my parents fill our bedroom doors with hearts telling us all the things they love and admire about us. I love waking up to read them each year. One year we surprised them by filling their door with all the reasons we love them! We've also tried to spend Valentine's Day spreading love in our community. One year we had a random acts of kindness Valentine's where we did things like put quarters on all the carts at our local Aldi grocery store, left change on washing machines at the laundromat, passed out Girl Scout cookies to firemen and homeless people and made special cards for our friends. (Check out the sidebar on page 17 for some fun ways you can celebrate a Random Acts of Kindness Valentine's Day!)



Tell us how you have made kindness a big part of your life.

I always try to be MY best self and one really important lesson is to think before you speak because that is the way to live life.

SARAH KATE WANTS YOU TO KNOW...

I want all girls to know no matter what, God will always be there to support you and help you through tough times, even when no one else is there for you.

SARAH KATE'S BUCKET LIST...

Go to Hawaii, go to Africa, go SKY DIVING, start my bakery (Sarah's Sweets), and expand my friends' and my bracelet business to online orders.



SARAH KATE'S Happy Place...

is Disney World! Here I am with my mom and sister Anna at Hollywood Studios.

Favorite THINGS!

Color: Purple

Singers: Taylor Swift, Gracie Abrams

Book: Trials of Apollo — Book 5

Food: Ice cream

Thing to Wear: Sweaters, sweatshirts, headbands

Vacation Spot: Beach or Disney World

Class in School: Math

Bible Verse: Proverbs 3:5 — "Trust in the Lord with all your heart. Do not depend on your own understanding."



BIRTHDAY CAKE AND CARD I MADE FOR MY DAD

For people's birthdays I love to bake cakes. I remember for one of my dad's birthdays I made him a big chocolate and peanut-butter cake. As you can probably tell I definitely love to bake! One day I want to own my own bakery, but for now I have Sarah's Sweets. Before the pandemic, I made tons of cookies and brownies and brought them to some of the bank branches where my dad works. It was just a fun way to thank them for all of their hard work.

I also put my baking skills to good use when I bake brownies to sell in my neighborhood business called "Creek Bracelets." My three friends and I sell bracelets, brownies and lemonade during swim meets and around the neighborhood. We donate half our profits to Young Williams Animal Shelter. Last year, thanks to our amazing team and president we donated over 400 dollars to Young Williams!

SARAH'S SWEETS TO DELIVER



THE CREEK BRACELET GIRLS!

WHAT HAS GOD BEEN teaching you lately?

God has really taught me that everything happens for a reason and that even if you don't know the reason it's something that could be saving you or helping someone else.

SPECIAL GIFT I MADE MY SISTER ANNA



BAKING SOME COOKIES FOR SARAH'S SWEETS

BE KIND

Over all, I feel like being kind is so important to have loving and nice relationships with people. If you could take anything from this story, I would want you to remember to be kind to one another and always treat people the way you want to be treated because you never know what someone is going through.

20

RANDOM ACTS OF KINDNESS FOR

Valentine's Day

One of our favorite ways to celebrate Valentine's Day in our house is to spread love by doing random acts of kindness in the community. There are so many people who feel lonely or unloved during the holidays, and especially on Valentine's Day, so we take time to spread some smiles and help people feel special and remembered. We challenge you to make this Valentine's Day special by spreading some extra love in your community. Here are some ideas to get you started:

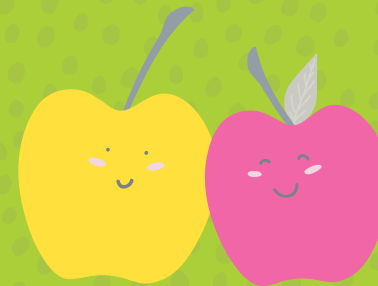
- 1 Leave coins and notes at the laundromat to make a mundane chore into an act of kindness
- 2 Send valentines in the mail to friends and family filled with reasons you love them!
- 3 Cover your parents' and siblings' doors with hearts telling them why you love and appreciate them so much
- 4 Leave a special note and a treat for your mail delivery people
- 5 Read a book to your younger sibling and help put them to bed
- 6 Give out blessing bags and valentines to homeless people in your community
- 7 Make valentines and treats for elderly residents in your local nursing homes
- 8 Write special notes to your teachers, principals, custodians, lunch ladies, etc., at school telling them how much you appreciate them
- 9 Donate canned food to your local shelter
- 10 Make friendship bracelets for kids at school who might be struggling to find friends
- 11 Donate food and blankets to your local animal shelter
- 12 Draw a picture or a card for your neighbors
- 13 Compliment your parents or friends
- 14 Leave quarters on all the shopping carts at your local grocery store to help make someone's day
- 15 Record a video message and send it to your grandparents or relatives
- 16 Donate extra toys and clothes to your local rescue mission or Goodwill
- 17 Clean up something around your house as a surprise for your parents
- 18 Help cook dinner and clean up
- 19 Facetime or Zoom call with an elderly relative
- 20 Send a hug in the mail to your grandparents or friends (Lie down with your head and arms outstretched on a piece of wrapping paper and let your parent trace your arms and head, then cut it out and decorate.)

IN A WORLD
WHERE YOU
CAN BE
ANYTHING,
BE KIND.

KINDNESS COSTS **NOTHING**
BUT MEANS
EVERYTHING.

NO ACT OF
KINDNESS,
NO MATTER HOW SMALL,
IS EVER WASTED.

Aesop



**KIND
WORDS**

CAN BE SHORT AND EASY TO SPEAK
BUT THEIR ECHOES ARE TRULY ENDLESS.

Mother Theresa



LOVE
is Kind
1 Corinthians 13:4



BE KIND,
FOR EVERYONE YOU MEET
IS FIGHTING A HARD BATTLE.

Plato

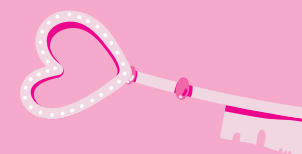
SHE OPENS HER MOUTH WITH
WISDOM
AND TEACHING OF KINDNESS
IS ON HER TONGUE.

Proverbs 3:26

YOU WILL NEVER LOOK INTO
THE EYES OF SOMEONE
GOD DOES NOT LOVE.

always
BE KIND.

Kindness
**IS LOVE
IN ACTION.**



A SINGLE ACT OF KINDNESS THROWS OUT
ROOTS IN ALL DIRECTIONS AND THE ROOTS
SPRING UP AND MAKE

NEW TREES.

Amelia Earhart

Ambassadors of **KINDNESS**

Meet 20 Girls Like You who have made little acts of kindness a big part of their lives.
(And they're challenging YOU to do the same this year!)



JESSICA
(8)



Kindness is helping others and being able to give and put smiles on their faces. Whenever I get the chance to shop at the school store I always think about getting something for my siblings.

COOL STORY! I am committed to being kind. When it was recess at school my friend Sophia was crying and I asked her what was wrong. She told me that she feels like no one cares about her so I said, *"I care about you and I will always be there by your side"* and she started to smile then said, *"Thank you for caring about me."* Ever since that day I was always by her side.

MY CHALLENGE! "Kindness will put a smile on people's faces." I challenge you to show kindness by giving food or money to the homeless.



GABRIELLA
(10)

Kindness means to always remember to treat others the way you want to be treated. And try to encourage and help others.

COOL STORY! My favorite thing was sewing masks for our local nursing home and making hearts for all the windows of the residents during COVID-19 lockdown when their families could not visit them.

RANDOM ACT OF KINDNESS! Kim Hurd, my children's leader at church, challenged us over the last two years to find ways to show kindness, and she is one of the kindest people I know.

MY CHALLENGE! It doesn't take money to show kindness. It's the little things you do to let people know that they are loved and that someone cares.



ADELEIGH
(12)

Kindness for me is a choice. You can choose to be not very nice to others, or you can choose to be someone who people remember, who people wish they could be, and who people see as “for” them! It is the little things that make the biggest difference sometimes. While I would hope that my friends and classmates see me as kind, it is smaller things, like helping a stranger at the grocery store, helping a client of my mom’s, making a card for someone who isn’t doing well ... these are the things that shine kindness through your entire life. I also consider taking the needs of others and being considerate of what makes people feel loved and cared for is a big part of kindness. I do this through my organization and advocacy work!

COOL STORY! Last Thanksgiving my aunt and her friend from the hospital where she works were talking about donations they get at the hospital for the children there. I overheard her talking about how all the dolls they receive every year look exactly the same— white skin and blonde or brown hair. That is it. No other options to let the hundreds of children of all shapes, sizes and colors choose from. This bothered me. It didn’t seem fair. Why shouldn’t every little girl or boy who wanted a doll be able to have the same choices as I did? A doll that looked like me, or like some of my friends? A couple of days later I went to my mom and told her I had not stopped thinking about this issue; I asked her what we could do to help. And that day, the **“One for ALL: A Doll for All”** project was born. I could not BELIEVE the response we received. In less than 10 days we received contributions and donations that allowed us to donate 150 dolls to my aunt’s hospital. This year, we have a bigger goal and have added three weeks to our fundraising time! We will be sharing the dolls with five AMAZING organizations. I am hoping in the next year to expand to help meet more diverse needs and show kindness to an even bigger group of children in our area.

RANDOM ACT OF KINDNESS! Last year during quarantine we were fortunate to work with a major food company that donated a couple of truckloads of food boxes with vegetables, milk, cheese, butter, eggs and more to our school. My mom, brothers and I loaded eight boxes into the car and drove them to an apartment complex near my home where my mom said a lot of people didn’t have enough food. We passed out the boxes to several families in the complex. They were so surprised, and it was the best day!

MY CHALLENGE! I would like to challenge all girls to find ways to show kindness in even the smallest ways. Remember that even your one small act can cause someone else to show kindness and so on and so on. Kindness grows! All we have to do is plant it!



ELISE
(12)

MY CHALLENGE! I challenge girls everywhere to have a thankful week every month. They can show their appreciation all week by writing thank you notes, baking treats for our first responders, and more!



SALOME
(12)

I think kindness means to put someone’s needs above your own and to do or say something that will help someone and show them Jesus. Kindness is being there for someone and doing/saying something that will lift them up. Being kind starts in the heart and your intentions, and you should be kind to everyone, including your enemies and yourself. I have a younger sibling, so I definitely practice being kind! I think that it is easier to be kind when you have the right intentions. That’s why I always want to have the right mindset when I am trying to be kind, not only in small things like letting someone go first or holding open the door, but in big things too. Every Christmas, we send gift boxes to kids without the chance to have Christmas gifts. My family also donates clothes and food to the homeless. At school, I participate and arrange food drives and clothing donations to various organizations and shelters. You can be kind in any way, you just have to let God spark that in your heart.

COOL STORY! My mom and I had a mommy-daughter date once, and we encountered a homeless man on the road. I felt bad for him, so I asked my mom if he could have the other half of my jumbo brownie that I was currently eating. I wanted to do more, so together we went to the supermarket nearby and got him a water and a meal. When we gave it to him, we got to share the Gospel with him as well! He was grateful and said he would remember what we told him. It made me feel good, and I am so sure that God is going to work in him!

MY CHALLENGE! Leave kind notes in random places, make little kits with food, water, and blankets, and leave them in your car for when you see homeless people on the road. Compliment people and hold the door open for someone behind you. Let someone go first in line. Visit your neighbors and get to know them. Talk to someone older than you and listen their story. Break away from the crowd and be different. Find little or big ways to put others first. Pray and ask God to help you be the light. And the best way to be kind is telling others about Jesus!



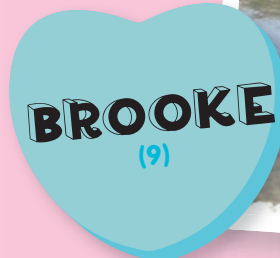
ADLEY
(11)

Kindness is treating others the way God treats you. I want to be an encourager to everyone I know. Whenever I see someone sitting alone at school, I make sure they know I am their friend. I show grace to people who make mistakes and make sure they know God loves them. I smile at everyone I meet. I serve every Sunday at church with my mom. I love serving in ministry. Anyone can serve—it doesn’t matter if you think you’re too young or too old! I always invite people to come to church with me. Even if they say no, I keep inviting them.

COOL STORY! A girl at my school didn’t know Jesus and didn’t have many friends. I started hanging out with her and told her about Jesus. She kept coming back to ask me more questions about Jesus, and now, she’s a Christian.

RANDOM ACT OF KINDNESS! A few weeks ago, I walked out to my locker to get something for my next class. Someone left a sticky note on my locker that said, ‘God loves you. You’re doing great!’ It brightened my whole day!

MY CHALLENGE! You can always remind people that God loves them and that they learn from their mistakes. Leave notes to people to find at school, like on their desk or on the bathroom mirror. Offer to help if you see someone struggling. Don’t wait to serve your church when you are an adult. Serve now! I serve in the kids ministry at my church, and I love it! If you have little brothers and sisters, practice with them at home.



Kindness is trying to always put a smile on other people's faces no matter what it takes. Be kind and show love. Take time out of your day for someone else. I use my artwork (whether it's on paper, shirts or other things) to help make others smile, and show them that they are important and that someone loves them and cares for them.

COOL STORY! My mom, sister and I go to Denver once a month for my sister's medical appointments. We have our home away from home at a hotel. Every time we go there, I ask someone who works there what their favorite animal or thing is. I then draw them a picture and buy a frame for them and give it to them when we go back. I have even met guests who need a smile and I do something nice for them. The last time we were there I gave a man his picture. Later in the evening, he came to me and asked if he could give me a hug. He said that he had a rough couple of months and my picture cheered him up and made his day. The same day, a guest staying there who had a memorial service for his daughter that day saw my artwork and asked if I would make him something and send it to him.

RANDOM ACT OF KINDNESS! I gave a friend at school my coat and snow pants because she did not have anything for cold weather.

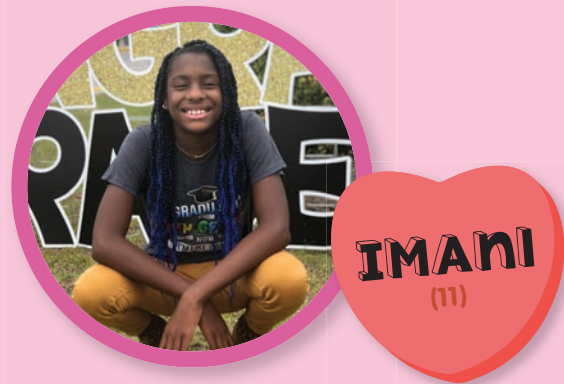
MY CHALLENGE! This year I hope to find a creative way to put my art into making more people smile and I would like to bake stuff for people to make their day because I like to bake as well. My challenge to other girls is to take time out of your day do something for others instead of doing something you really want to do for yourself. Something as small as opening a door for a stranger or telling a stranger you like their shirt will for sure brighten someone's day and go a long way!



Kindness means treating people the way you would like to be treated and to helping others by praying for them if something bad happens to them. Our parents have taught us that kindness starts with yourself and your family. We say positive affirmations to ourselves every day which is how we start our day with kindness to ourselves. We look for something positive to say about a person and/or to compliment a person every day as we never know what a person is going through and saying something positive and kind could make a change in their lives.

COOL STORY! We have been doing Taekwondo since last spring, which is a form of martial arts that is dedicated to a rigorous practice and high standards for conduct and spirituality. We keep a journal to record our acts of kindness and self-discipline to earn stripes that are placed on our color belts. So far we have collected hundreds of stripes for kindnesses!

OUR CHALLENGE! We would like to challenge all God's Girls to do at least five random acts of kindness every day and to find something nice to say to people you pass during your day.



We practice kindness through sticky notes! That's what I did with two of my friends for our kindness mission. On sticky notes we wrote positive messages and compliments and placed them all around the school—on classroom doors, near the bathrooms, and in part of seventh grade hall. This whole process started with one little dream, one little idea ... and we did it! Our principal said, "You guys did an awesome job and this is so sweet!" We just thought it was great to spread a little kindness everywhere we go, especially at school because school can be hard. And the FIRST year of middle school can be stressful, hard, and just flat-out confusing ... so we wrote those sticky notes hoping to add a little bit of joy to someone's day. And you feel good after doing it, so it's a win-win! Just like my dad says, a little bit of kindness the size of a mustard seed can go a long way.

MY CHALLENGE! Try it in your school!



I am in American Heritage Girls troop GA3106. I have four brothers, a cat, and a dog. I love the Daniels sisters books!

MY CHALLENGE! Take snacks and cookies to the fire station near your house.



Kindness to me means talking to the new kid, sitting with someone at lunch, and not being afraid to show your real self to others. I have made kindness a big part of my life by trying to be a light for God at my school. I go to a public school where most of the kids aren't Christians. I try to be as kind as I can to show them God's love through me. I often get questions like *Why are you always so positive?* and *How come you're so sweet to me?* which opens the opportunity to share about God.

COOL STORY! A cool kindness thing that I do is Operation Christmas Child every year. Operation Christmas Child is a Christian organization that sends shoeboxes to needy kids all over the world. The shoeboxes are filled with toys and toiletries. I pack about 50 to 60 boxes every year! I enjoy it so much and would love to continue doing this throughout my lifetime.

RANDOM ACT OF KINDNESS! I give out backpacks of food, water, and clothing to the homeless people of Waco.

MY CHALLENGE! I would challenge everyone to do Operation Christmas Child! I love it so much and would love for other girls to share my passion for it. It makes such an impact in people's lives and it brings so many people to Jesus every year. I would also challenge people to share God with just one person this week. One is all it takes.



**CHARLI
ANN**

(15)

Your kindness does not need to be big! Simple kindness through every day can work in ways some people may never realize. Kindness has kind of turned into the center of my life through CAHC (Charli Ann's Heavenly Cakes). I was kind because I enjoyed being kind and knew the impact could be great to others. I then took what I loved (baking/decorating cakes) and what I found in the Bible (love, kindness, etc.) and have tried to share with as big of a crowd as possible how it can change anyone's day/life.

COOL STORY! One of my most memorable stories is of a sweet lady I met in a nail salon. I spent some time with my grandparents in Arkansas, and they treated me to getting my nails done. As I sat getting my manicure, I could hear the lady behind me talking about how she had a big trip planned for this week that she had to cancel. She had been diagnosed with cancer and could not afford her trip and her treatments quickly filled in the weeks of the trip. So she came to get a pedicure to treat herself for missing her dream trip. I immediately wanted to take care of this lady's pedicure to give her a little pick-me-up on what sounded like a pretty rough time. And that is exactly what I did. I introduced myself, told her I heard what she was talking about, and told her my heart goes out to her in this difficult time. As we went to pay for mine and my grandma's nails, I quickly paid for hers as well and left it at that. "She may know that I did it, or she may never know who did it, and that's the end of the story," I thought. But I was very wrong. The sweet lady ended up finding me on social media about a year later and messaged me about how she was doing. She remembered what I had done, and remembered how it made her feel. We got to chat a little bit and because I got to help her she in return got to pay it forward to someone else. Although a lot of my "little acts of kindness" have to do with me paying for something for someone else, it is very important to remember a kind attitude toward others can have the same effect as money, too!

MY CHALLENGE! For me, my goal right now is to get a church plant funded! I will always strive to be nice and lift people up, but I want to get one more church built that hundreds of other people can be discipled and be empowered to do what I am doing ... spreading kindness and joy.



OLIVIA

(12)

I have a business called Olivia's Bible Boutique and I sell themed scripture cards. I made this business to spread God's kindness and love with everyone. I digitally design them and sell them at craft fairs, to family, and to my friends at American Heritage Girls. Each set has a different theme, like joy, purity, and hope, but the kindness one is the bestseller. One day I want to have an Etsy shop. People tell me how these verse cards fill their hearts with kindness, and how they love sharing it with others. I would love to inspire other girls like me to learn that there are so many ways to spread kindness.



ANIYA

(17)

When I think of kindness, I'm reminded of the quote: "You will never look into the eyes of someone God does not love." Always be kind. It means to love like Jesus. I have made kindness a part of my life by being intentional. You never know what someone in class, or at school may be going through, and I just want my smile and my words to encourage. Even if it's the teacher or the ladies working in the cafeteria.

COOL STORY! I remember when I was in kindergarten, and we had a new student in class. When we went outside for recess, I noticed her sitting by herself so I walked over to her and just started a conversation. We started to play, and we became good friends.

RANDOM ACTS OF KINDNESS! I have received and given random acts of kindness. It feels good to randomly put a smile on someone's face. It feels good to do the unexpected just out of the kindness of your heart.

MY CHALLENGE! I would like to challenge others to be intentional and look for ways to be kind and to be a blessing to those around you. Look for opportunities to be the reason someone smiles. It may take a second, but they will never forget it. My goal is to be more like Jesus, and to be more intentional.

MY CHALLENGE! Leave a gift box on someone's doorstep with a gift and note that says: "You are awesome!"



ARYANA

(9)

Kindness means being nice to everyone. Including others. Making sure people know we are thinking of them. Do things for people. My mom and I help others all the time. The most important thing is to show God's love everywhere and to everyone.

COOL STORY! We made over 100 homeless bags when I was younger and handed them out to people and got to listen to their stories.

RANDOM ACT OF KINDNESS! We always bless it forward. One time we paid for the car behind us at a drive thru. We had to wait for our food, and they asked us to roll down our window. When they asked why we did it, we knew God wanted us to. The man said his mom had died and he was going to her funeral and wanted a sign to know God was listening. How cool is it that my mom and I could help be the sign from God?!

MY CHALLENGE! Pray for others. Share God's love with everyone. God is good all of the time.

TEMPESS

(10)





SALMA
(5)

Kindness is showing love to my neighbor from my heart. My neighbor is whoever is near me at any time who needs my help. Kindness is giving from the heart without people necessarily asking. As a God's Girl, I trust God to guide my heart through His word to live a life reflecting His image to the world. The story of the Good Samaritan teaches us that God loves a kind heart. Kindness is a part of love. God is love. I love love love so much sharing the good news about Jesus. Telling people about God gives me joy, learning about Him through the Bible and from my parents living it out is super amazing.

COOL STORY! A most memorable one was the smiles I saw on the faces of the patients at the pediatric ward in my community in Nigeria, Africa. When I turned 5, I had this strong feeling to reach out to other kids who were sick and wouldn't have the privilege to mark their day. For some of them, their parents could barely keep up with bills and medication. So, my family and I spent my birthday going around the different wards sharing snacks and few hospital supplies. I believe God loves the children and I prayed for their healing.

MY CHALLENGE! I love to give and receive acts of kindness. It feels good to receive but feels even better to give. As long as I live, I want to serve God by sharing His kindness with the world.

I have a babysitter who took care of me years ago and I do not get to see her as often in person, but we always share meaningful pictures and videos to show we still care!

MY CHALLENGE! is creating and sending e-Love and Encouragement to your loved ones! Take a moment to dress up and take pictures and/or video to send to your grandparents and loved ones to let them know how much you care. Add a filter, text and of course a Bible scripture to make it even more special!



OLIVIA
(11)

When I am showing kindness, I feel closer to Jesus. I feel like I'm doing what He did when He was here on earth. I try to make kindness a part of my life through volunteering. I've volunteered since I was a toddler.

COOL STORY! My favorite is every year at Christmas I volunteer with a group of Marines to give out toys that have been collected through Toys for Tots. Families who cannot afford to buy toys come through and we help them select the toys they want to give their kids on Christmas. It's a lot of work but I love it.

MY CHALLENGE! I want to challenge all the other **For Girls Like You** readers to to show their local police, sheriff, or firefighters that they matter through an act of kindness.



MIA
(9)

Light 'Em Up WITH KINDNESS

By
Courtney
DeFeo

When my daughters were little, we started a kindness program called LIGHT 'EM UP. It began as a Christmas idea and quickly progressed to something we could do all year long. Our goal was simple—to use random acts of kindness to “light up” the hearts of our community. Most of the ideas were simple and easy but had great impact on the person receiving the gift of kindness. Why do you think that happens? Why do you think the simple act really makes an impact on others?

I believe it's because God is a great connector. He created all of us and knows the very details of each heart. He knows the needs of each human. Sometimes the need is money and sometimes the need is a smile or a friend at the lunch table. Over the years that we have been doing Light 'Em Up, the most “random” ideas are never random at all. Through the Holy Spirit, we will feel a nudge and then do our best to act on it.

Let me illustrate for you! One time, it was a very hot day in Florida. Really, really hot! We were checking out at the grocery store, and I felt a nudge to grab a few cold waters. Then, I asked my girls, “*Who do you think needs these waters?*” And one of them quickly replied, “Casey!” Casey was our mailman and had become our friend. We texted him and found out where he was in our huge neighborhood. We drove right there and handed him the water. His face was astounded!

He was pouring with sweat and said, “How did you know? I am so hot today.” And we just smiled because we knew it was God. God knew that Casey was hot. He knew that Casey needed water and He allowed us to be the simple messenger. We don't always get to know how the pieces fit together. Our only response in kindness is to be obedient. To follow through on what and when and who and God does the rest.

Don't ever believe you are too young to make a massive difference in another person's life. There are so many simple ways you can be the hands and feet of Jesus. You can start today! **Pray this: God, Who needs to feel your love? How can I bless another person today with a simple word of encouragement ... or note ... or smile?**



Courtney DeFeo is the author of *In This House, We Will Giggle*, creator of ABC Scripture Cards and the kindness movement Light 'Em Up Acts. Her latest project and passion is a study for tween girls and their moms called *Treasured Girlz*. Courtney's most honorable mention is her husband Ron and their two wildly creative girls, Ella, 15 and Larson, 12. Connect with Courtney at CourtneyDeFeo.com.

Acts of Kindness



Five WOMEN OF THE BIBLE WHO MADE A DIFFERENCE THROUGH KINDNESS

by Linsey Driskill

When you think of the word, *Kind*, who comes to mind? Kindness is a beautiful quality of God. When we seek Him in prayer, loving others, and reading the Bible, we can grow in kindness.

My new book, *Beautiful Hearted Women of the Bible: A Creative Mother-Daughter Devotional*, shares about who made a difference for Jesus through kindness. There are fun, creative activities to go along with each story. Can you think of some women in the Bible who were kind? Let's look at some of them. Have fun trying to figure out which woman goes with which description! (Answers are at the end of the article.) I've also included some of the fun activities from my devotional!

ABIGAIL (1 SAMUEL 25) RUTH (RUTH 1-4)
THE POOR WIDOW (MARK 12) PHOEBE (ROMANS 16)
LYDIA (ACTS 16)



This woman showed kindness to her mother-in-law, Naomi, after both of their husbands died. She put Naomi first by leaving her hometown to go to a new place with her so she wouldn't be alone. Boaz was the owner of a field in Bethlehem and welcomed them. This woman later married Boaz. And, guess who eventually was part of their family line? Jesus!

DAUGHTERS IN ACTION: It must have been difficult for this woman to move to a new place, but Boaz made her feel welcome. Welcome a new family from your school, church, or neighborhood by making cookies and a card for them with your mom.

Creative Fun! A balloon science experiment to show that when we are kind, our hearts fill up. (See Devotional for science experiment steps!)



This woman lived in Philippi, sold expensive purple cloth, and worshipped God. Paul and Silas, Christian missionaries, traveled there to share about Jesus. After hearing them, this woman and everyone in her home, were baptized. This woman was hospitable and welcomed Paul and Silas to stay in her home. She showed kindness again and again by opening up her home to encourage believers in the Lord.

DAUGHTERS IN ACTION: Practice being hospitable by inviting a family over for fellowship and encouragement. On notecards, write thoughtful questions, imaginative ones, and/or silly questions and hide one under each person's napkin. Then, have fun answering the questions during dinner. (Some examples of silly questions from my book are: "Would you rather have five noses or five eyes" or "Would you rather never brush your teeth again or take a bath again.")

Creative Fun! Practice listening well like this woman. Ask your mom to hide a small treat and blindfold you with a scarf. Then she should tell you what direction to walk and how many steps to take to find it. Switch roles and do the same for your mom!



This woman was about to travel to Rome and Paul wanted the believers there to welcome her. Paul couldn't send a quick text to let them know that she was coming because they didn't have phones back then, so what do you think he did? He wrote a letter to them which is the book of Romans in the Bible. He told them that she had been a great help to so many people, including him. This woman showed her kindness through being a servant leader in the church of Cenchrea, which means she led the people through serving them.

DAUGHTERS IN ACTION: Paint Galatians 5:15 on a piece of wood, tile or canvas: "Serve one another through love."

Creative Fun! Just as it seems backward that a great leader is someone who serves, practice being a servant leader by having a "Backward Day" by doing some of the tasks your mom normally does. Then think of some silly things to do backward, such as NOT making your bed, having dessert for breakfast and breakfast for dinner, staying in pajamas all day but getting dressed at night, making your bed just before going to bed, and sleeping in your sleeping bag on your bed. Ask your mom to join you with her sleeping bag for a bedroom campout!



David, a follower of God, and his army were in the wilderness and were very hungry. They had protected the property of a woman and her husband, but the husband wouldn't help David. David was furious!

But when the woman heard they were in need, she rushed out on a donkey to bring them 200 loaves of bread, roasted grain, raisins, fig cakes, and drinks. David was so grateful to her. This woman's kindness stopped a possible fight between David and her husband and brought peace.

DAUGHTERS IN ACTION: Just as this woman brought food to David and his army, bring a meal to friends or someone in need this week. Lead the grocery shopping to find the ingredients. Then, cook the meal with your mom and have fun decorating a dessert together. If you don't have a donkey to ride on to deliver the meal like this woman did, a car or bus will do!

Creative Fun! Create a fun chart to encourage kindness with rewards. (See Devotional for more details.)



This woman didn't have much—just two coins, worth less than a penny. But she still made her way to the Temple treasury to give to the Lord. Jesus sat down and watched her give her only two coins out of love for the Lord. Although it didn't seem that she gave much, it was a lot to Jesus because she gave from her heart. Right away, Jesus called His disciples over to Him to share what she had done. When we are open to giving and don't hold onto our things so tightly, we can experience more of the Kingdom of God and we can love like Jesus loved.

DAUGHTERS IN ACTION: Think of ways to go above and beyond with loving God and others in "small" ways, such as making your sibling's bed, growing your hair long to donate it to a place that makes wigs for sick children who have lost their hair, or making cupcakes for first responders.

Creative Fun! To be a cheerful giver, get the giggles going by creating a skit about giving with upside-down chin faces with your mom.

THESE FIVE BEAUTIFUL HEARTED WOMEN SHOWED KINDNESS AND LOVE TO THE LORD AND OTHERS. EVEN THOUGH YOU'RE YOUNG, YOU CAN ALSO MAKE A BIG DIFFERENCE FOR THE LORD AND OTHERS THROUGH "SMALL" ACTS OF KINDNESS AND LOVE.



If you would like to learn more ways to love the Lord and others while having fun, share with your mom about my new devotional found here: LinseyDriskill.com.

Answers: Ruth, Lydia, Phoebe, Abigail, The Poor Widow

GO Girl!

WITH JACKIE MARUSHKA



KINDNESS STARTS IN YOUR HEART!

HAVE YOU EVER FELT LEFT OUT OR LIKE YOU DIDN'T FIT IN? Maybe you started at a new school or joined a new youth group, and you were the new person in the room. Maybe you felt alone and wondered if anyone would like you but then one of the kids came over to you and asked your name and invited you to join their group. That happened to me when I started 7th grade in a new school. I didn't know anyone, and I felt lost and just wanted to go home. It was in that moment that a girl came over to me and said, "Hi, I'm Michelle! These are my friends Jennifer and Monica. Want to come sit with us?" My heart was so happy—and relieved—and I felt included.

Michelle showed kindness to me and helped me feel comfortable in my new school and helped me make even more new friends later that week. Because of her, I had a happy day, and my new school experience was wonderful instead of scary. (And we are still friends to this day!)

Or maybe you were the person who helped welcome a new person into a new school or friend group? If that's the case, it's likely you changed someone's life for the better by showing kindness to them.



That's what we are called to do—show kindness in our words and actions every day.

What if someone is not nice to us? What if they are mean? Should we still be kind to them?

Yes! Sometimes people can be grumpy but that doesn't mean they don't deserve kindness.

Ephesians 4:32 says:

"BE KIND AND COMPASSIONATE TO ONE ANOTHER, FORGIVING EACH OTHER, JUST AS IN CHRIST GOD FORGAVE YOU."



We don't know what other people are experiencing that would make them be in a bad mood, but we can still follow Jesus by our actions and show them kindness. It could change their day—maybe even their life. Some people don't have loving families or enough food to eat or even a warm coat or good shoes and it can make them feel bad. When someone feels bad, or is hungry, they can sometimes be mean. That's when a kind word, a smile or inviting them to sit with us, or sharing our lunch is most important. It reflects God's love and can fill their heart with the hope (and their stomachs with the food) that they may not have that day.

By being kind, we are following Jesus' teachings and being obedient to Him. We are showing God's love to someone who may need it a lot in that very moment.

AS WE HEAD INTO THE NEW YEAR, LET'S LOOK FOR WAYS TO SHOW KINDNESS TO OTHERS. BY DOING THIS YOU'LL CONTINUE TO SHINE GOD'S LIGHT IN THE WORLD AROUND YOU!



faith SERVICE. FUN.

WITH AMERICAN HERITAGE GIRLS



MEET

LOUIE



AMERICAN HERITAGE GIRLS AND UNLEASH LOVE HAVE JOINED PAWS to create opportunities to learn about and show kindness to everyone, especially our four-legged friends!

The founder of Unleash Love, **Danise DiStasi**, offers AHG Troops two patch programs—**Love Like Louie** and **Louie's Little Legs**. Both are based on books written by Danise and they're all about the real Louie, her little-legged pal. Troops can read and discuss the books in order to earn the patches.

UNLEASH KINDNESS

IT WAS A BEAUTIFUL FALL SUNDAY AFTERNOON IN SEPTEMBER OF 2013. I was shopping and noticed an adopt-a-pet event and decided to check it out. There was one little guy who was very docile and very regal looking. The nameplate on his crate said CHANDLER. He ignored everyone until finally, he turned and looked at me with his big brown eyes. It was love at first sight.

I decided to adopt him, brought him home, and named him Louie. I introduced him to my grandchildren and my neighbors. It was grand as everyone loved Louie.

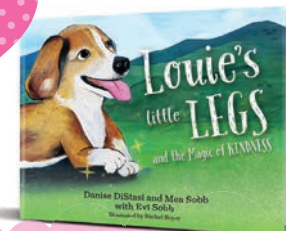
Some hours after we arrived home, Louie began to display many challenging behaviors that made me question my decision to adopt him. He got up on my furniture, he got up on my bed, he whined, he growled, he showed some signs of aggressiveness. He was a different dog than when I first brought him home. It ended up being a real struggle to be with him. I loved him when he was a good little dog, and he was sweet. I didn't love him so much when he started to act out a bit.

At that point, I made two choices: I chose to keep him, and even more importantly, I chose to love him. And that choice meant that whether I felt like it or

not, I had to be very intentional about demonstrating love to him. That lesson was transformative, not just for Louie, but for me as well.

And so began our adventure. Ever since, we have been on a mission to help others truly understand love, and how to be loving people by being patient and kind.

You can read more about Danise, Louie and Unleash Love at unleash-love.com!



AHG PATCHES YOU CAN EARN!

LOUIE'S LITTLE LEGS

is a magical story about love and kindness. While frolicking in the meadow, Louie runs into a cat he despises. His pal Stitchy helps Louie understand how to treat others with kindness and not to be mean. Louie learns a magical secret to being kind, "There's always something unknown in other people's lives."



AMERICAN HERITAGE GIRLS
FAITH | SERVICE | FUN

Are you interested in being an American Heritage Girl and earning badges like Little Louie's? If so, you and your parents can learn more about the program at AMERICANHERITAGEGIRLS.ORG.

VALENTINE JARS

SPREAD THE LOVE THIS VALENTINE'S DAY WITH THESE HAPPY JARS FILLED WITH ALL THE REASONS YOU THINK THE PERSON YOU ARE GIFTING IT TO IS AMAZING! OUR COVER GIRL SARAH KATE GIVES THESE AS BIRTHDAY GIFTS TO HER FRIENDS AND THEY ARE ALWAYS A BIG HIT AND MAKE THEM FEEL SO SPECIAL!

SUPPLIES

Jar with lid
Paint
Paper stickers
Ribbon
Scissors & Paper



You can use anything to paint or decorate your jar, but we decided to go with spray paint for our project.



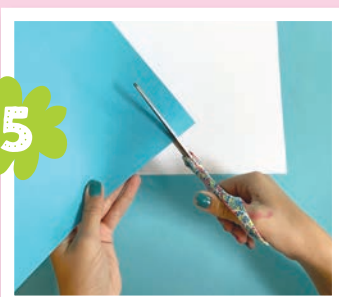
Start by covering your jar with paper stickers. We used foil and they were hard to remove later. Learn from us!



Set the jar upside down on some paper outside, and spray paint the jar with light coats until it is covered.



Once the paint is dry, remove the stickers.



Time to make the notes to go inside: Cut one-inch thick strips from paper and then cut those into smaller pieces.



Write notes about what you love about the person your are giving this to.



Fill the jar with your notes and add the lid. Then tie ribbon around to decorate.

NOTE INSPIRATION!

I LOVE YOU BECAUSE...
YOU ARE SO GOOD AT...
YOU MAKE ME SMILE WHEN...
YOU ARE SPECIAL BECAUSE...
YOU INSPIRE ME WHEN...
I MISS YOU WHEN...
I ALWAYS REMEMBER WHEN WE...
MY FAVORITE THING ABOUT YOU IS...

Let Your Light Shine!

This year, learn how to
Share God's love with...

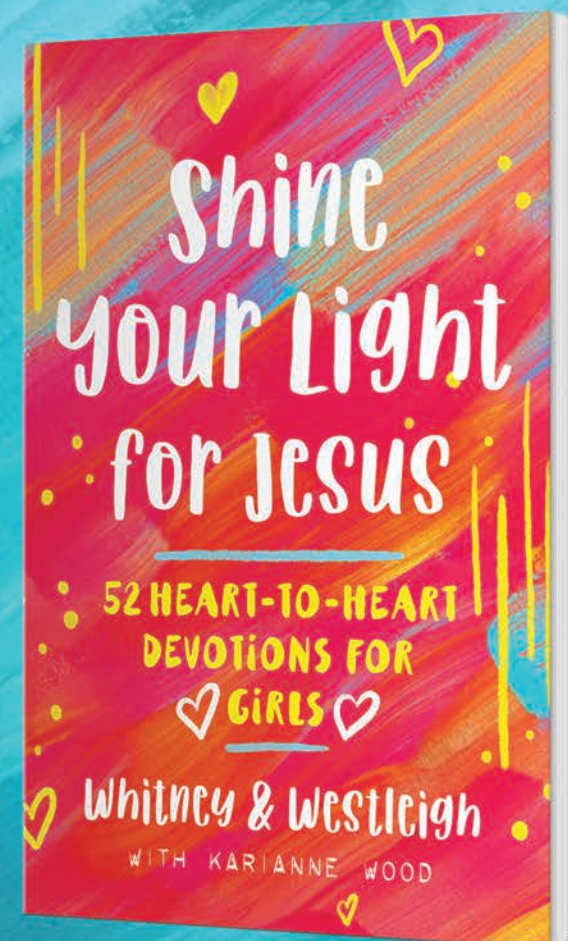
your
family

your
neighbors

the world

your
friends

those
in need



This fun-to-read devotional is available wherever books are sold!

Enjoy the Fruits of Following God

Would you like to have more _____?



LOVE



JOY



PEACE



PATIENCE



KINDNESS



GOODNESS



FAITHFULNESS



GENTLENESS



SELF-CONTROL

You can when you learn
how to grow the fruit of
the Spirit in your life!

