

FOR GIRLS Like YOU

MAY/JUNE 2024

RESTING UP!

meet
**Philippa
& Heidi**

A FAMILY THAT
RESTS, RESTORES
AND
REFLECTS ...
TOGETHER!

Wise Words

◀ on ▶
Sabbath

Rest Assured

OUR READERS ON HONORING THE SABBATH—
AND FINDING WAYS TO RECHARGE!

from
**PRISCILLA
SHIRER**

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

GRAPHIC DESIGNER
Andrea Kiser Martin

CONTRIBUTORS
Calyn Daniel Heidi Miller
Bethany Denton Philippa Miller
Lydia Denton Teresa Miller
Jackie Marushka Annie Pajcic
Terra Mattson Priscilla Shirer
Shani McKenzie

DIRECTOR OF PARTNERSHIPS
AND DEVELOPMENT
Linsey Driskill

CIRCULATION DIRECTOR
Jamie Brooks

MARKETING INTEGRATOR
Juliet King

WEB DESIGNER AND DEVELOPER
Ted Barnett

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

FOR GIRLS LIKE YOU BOARD
Donna Carruthers
Courtney DeFeo
Dione Dewitte
Andrea Evans

SPECIAL THANKS TO
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hello FRIEND

Be Still and Know

You will sleep like a baby, safe and sound—your rest will be sweet and secure ... because God is your confidence in times of crisis, keeping your heart at rest in every situation.

PROVERBS 3:24-25 (TPT)

This issue may be all about **REST**, but right now the Pitts family is not getting a lot of it! But it's for the best reason ever! Let us introduce you to our beautiful new baby brother.

Jonathan Joshua Arrow Pitts was born February 17, and he's a big bundle of joy in our lives. He's a beautiful answer to all our prayers, and we are so grateful to God for this gift.

And I'm kidding (a little!) about the rest part. He is actually a very sweet and cuddly and quiet baby. But our house will never be the same—he's turned our world upside down!

Even more reason for us to really think about what God has to say about honoring the Sabbath—the day He rested from creating the world—and the day He gave to us to rest, restore our souls, and draw nearer to Him.

Sabbath to me means taking a moment to sit still and be in the presence of God. And there are so many other ways to practice this. My family is really big on naps—someone is always curled up on the sofa with a blanket! It's such a comforting way to pause the busyness of our lives.

I also love pausing by reading a good new book, or the Bible, or journaling. When you're being still and keeping your mind on Him, I believe that's when we can hear His voice and learn what He wants us to know.

My sisters and I also like to play 4Square—keeping our hands and feet busy helps to calm our minds. And I love it when we decide to put down our electronics when we're together and just talk about life. It's very therapeutic!

I think the song by Hillsong, "Be Still" is my best example of why we should honor rest and Sabbath. Especially in times of stress or when life gets overwhelming and busy, it reminds me that God has the ultimate control ... and He is always with me.

"Be still and trust what the Lord has said is done,
Find rest, don't strive, watch as faith and grace align."

Kaitlyn Pitts
AND YOUR FRIENDS at
FOR GIRLS LIKE YOU



WELCOME TO THE FAMILY
Meeting our new baby brother: Kaitlyn, Olivia,
Jonathan, our step-mom Peta, our dad Jonathan,
Alena and Camryn

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The Sabbath Principle

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Meet Philippa and Heidi, and their family, as they show us how they use their Sabbath times to rest, restore and reflect together!

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SPrinkles

SPRINKLE JOY. SPRINKLE FUN. SPRINKLE BEAUTY.

BEST GIFT OF ALL

I love arts and crafts, singing and dancing. One of my favorite Christmas gifts is my marble painting kit, but my best gift is Jesus.

-Olivia, 8

And Olivia's little sister Isabelle wanted to share a SPRINKLE too!

WATCH ME GROW

I love to sing and dance to worship God. I love when my sister Olivia reads me jokes from **FOR GIRLS LIKE YOU** magazine and when we spend time together. I also like planting vegetables in the garden.

-Isabelle, 4

FOR SISTERS LIKE YOU!

Hi, my name is Seeley!
I /oooooooooove **FOR GIRLS LIKE YOU** magazine and so do my sisters Helen (left), Colette (right) and our puppy Adele. This is us and our **FOR GIRLS LIKE YOU** magazines and some bracelets we made! Remember, Jesus loves you!

-Helen, 7, Seeley, 9, Colette, 7







IT'S A MIRACLE!

I love **FOR GIRLS LIKE YOU**, and reading the last issue about miracles made me want to share my miracle story! It all started at school. My stomach started to hurt a lot. I came home crying because it was hurting that bad. I felt horrible and it hurt to even stand up! My parents were afraid that my appendix burst, so they rushed me to the emergency room. After almost two hours, I finally made it to a room where they did an IV. I was so scared because I had never had an IV before. But the doctor was nice, and he put some numbing thing on it. Everything went well and we were able to go home later that night. But then, the next morning, the pain came back, and it was even worse! We went back to the ER. My brothers and mom were praying for me a lot. We waited for a long time but at least I got a stuffed

animal and a coloring book. When we made it to a room, the doctors did an ultrasound on me which was really cool! Me and my dad watched football in a room which was helping me to stay calm and know that God is there for me. Later, the pain ended up going away! My appendix did not burst, it had just been cramping! I made a lot of crazy and fun memories through this journey, and I also learned something too.

GOD IS AMAZING! He is always there for you, and He will never leave you!

-Darby, 12

TEACHER'S PET

Dogs are my favorite animal, and this is a painting of my art teacher's dog. His name is Benito. I drew the outline with a Sharpie and painted it with acrylics.

-Jayden, 11



I AM

CALYN, 14

Funny. Kind. Caring.

Tell us about your family. I have one older sister and a twin brother.

Tell us about your pets! I have a dog named Riley.

What are your favorite hobbies? Band and gymnastics

What do you want to do or be when you grow up? A physical therapist or a chemist

What is something you want all girls to know about God? He has a plan for our lives and when we trust in Him, He can bring the best blessings.

What are three things you are grateful for today? My house, my family and the blessings God has given me.

What is something that nobody would ever guess about you? I am not a fan of bees!

What is one of your favorite memories? Being a prop mover for marching band

Do you have an unusual talent or ability? I'm pretty flexible in gymnastics.

Where is your happy place? The beach

What are some things on your bucket list? To visit all of Europe, and study parts of history I've never studied before.

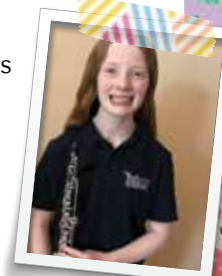
What has God been showing or teaching you lately? When I wait for Him to help me with a situation, it is so much more worth it than trying to do it by myself.

What is one of the coolest things you have ever done? Get baptized!

A Girl Like You

FIVE FUN FACTS ABOUT ME!

1. I love to study human anatomy.
2. I play one of the hardest instruments to learn—the oboe.
3. I love coffee.
4. I love flowers.
5. I bake a lot of things by looking up recipes online.



We don't have a unique Sabbath practice however I do try to incorporate some practices into my weekend reset. I want to focus on God and His Word in addition to my regular cleaning. Rest can look different in many areas of my life but mainly it looks like giving my body a break from things that easily drain me, but by resetting, I am filled up again. I take 30 minutes to lie down and debrief from school before I have rehearsals for band or practice for gymnastics. This gives me the break I need to be able to do well in both things and not get burned out.

My advice to girls like me is to create habits that help you find time to rest. Give yourself time each day to rest, and if you're feeling burned out from school or your extra-curricular activities, make sure you are getting enough sleep!

FAVORITES!

Color: Purple

Song: "Been So Good" by Elevation Worship

Singer/Band: Queen

Food: Teriyaki chicken

Book: For Such a Time by Kate Breslin

Thing To Wear: Sweatshirt

Class in School: Science

Bible Verse: Jeremiah 17:7

"But blessed is the one who trusts in the LORD, whose confidence is in Him."

GOD'S girl

DEVOTIONALS & MORE TO GROW YOUR FAITH

WYNTER'S WORDS



A TIME TO REST

You will keep in perfect peace those whose minds are steadfast because they trust in You.

ISAIAH 26:3

We all know there are 24 hours in a day. But have you ever thought about the fact that there are 168 hours in a week and 8,736 hours in a year? That's a lot of hours! The best part about having this much time is that you can decide how you spend most of it. Yes, you have to spend time going to school, being with your family, doing chores, eating, sleeping, and taking care of a few other responsibilities, but that still leaves a lot of free time to get other things done.

God has some awesome plans for your time! He doesn't expect you to count every single second though. Instead, He will help you to see Him in every moment of your day. There are so many things you can do, but seeing God in every second of your life is what matters most!

Ask God to help you spend your time the way He wants you to spend it. Sometimes this will mean

being with friends and family, sometimes it will mean resting your body, and sometimes it will mean just sitting quietly and talking to God. God doesn't want you to always be busy and doing things as fast as you can. Doing more and more things doesn't make you a better person or more important to God. But He wants to help you to be responsible and to use your time wisely, and He will teach you the difference between being busy and being productive. Sometimes the most productive thing you can do is nothing at all! Sometimes God just wants you to take time to rest and recharge!

God will help you to be productive—to do the things you need to get done—and He will also make sure you have time to relax and do your favorite things. You can get things done and also enjoy every moment the Lord has given you ... without counting every single second!

From *I am Yours* by Wynter Pitts.
Courtesy of Harvest House Publishers.

DEAR God.

I know that You created me and that You have plans for my days and my time. I want to enjoy every moment You have given me. God, will You help me to know how to use my time the way You want me to? As I continue to grow and learn, I want to keep my heart and eyes on You, trusting You to guard my time and to lead me closer to You in every hour of my day.
In Jesus' name—AMEN



GO Girl!

WITH JACKIE MARUSHKA



GO Girl!

HE RESTORES MY SOUL

"On your mark. Get set. GO!"

I remember these words from running my last race in high school.

When I heard the word, "GO!" I started running with every bit of energy I could muster. I looked at that finish-line ribbon and ran until my lungs hurt. I crossed the finish line in third place, but I was so happy because I had trained for several weeks and had done better than I thought I would.

The thing I remember most vividly was how exhausted I was when I finished. I was happy, but I was so tired. My whole body hurt.

What did I do after heaving my way to the bleachers for some water? I rested. I rested because I couldn't go on at that pace. I had a day to ice my muscles and eat a restoring meal of lasagna and greens and I was back to wanting to run again.

As humans our bodies need a break from constant work—mental or physical.

In Psalm 23:2-3, God draws our attention to His offer of rest: "In green pastures He makes me lie down; to still waters He leads me; He restores my soul."

And Genesis tells us: "And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day and sanctified it."

But God is God so a question I've always asked is, does God need to rest? The Bible says God "rested" from

creating, but it doesn't say He stopped because He was tired. It doesn't say He "needed" to get His strength back like I did after my race in high school.

God's power is shown through the creation of light, mountains, seas, the sun, moon and stars, plant and animal life, and, finally, Adam and Eve. God didn't "rest" because He "needed" to but because He looked at what He made and in Genesis 1:31, He declared it "very good" and simply stopped creating.

Unlike God, as human beings our bodies and minds need to rest to be at our best.

For us, rest can look like stopping—temporarily or permanently—a project, our work, sports practice or even reading a book or investing time in an art project.

To me, it especially means resting in the Lord; laying everything at His feet and stepping away and letting Him take over, giving Him all my worries. Becoming closer to Him makes me feel rested and restored.

What happens if we don't rest? Well, we can eventually run out of energy, and this can lead to not being as excited about something as we once were or cause our bodies to become so worn down we are prone to illness, injury or just burn out.

It's healthy to balance work of any kind with rest. How do you rest? There really is no right or wrong answer if your rest leads to a little break filled with restoration. If you make time to rest, you'll have new energy, excitement and joy about your efforts and goals.





Knock knock.
Who's there?
Interrupting sloth.
Interrupting sloth
who?

[20 seconds of silence]
Slooooooooooooooooooth.

Here's a
funny from
Lydian!

What did the daddy skunk
say to the kids when
they sat down
for dinner?

Let's spray!



What does
bread do
on vacation?

Loaf around.



What does a
SPIDER'S BRIDE
wear?

A webbing dress.



What did one firefly say to the other?

You glow, girl!

KNOCK, KNOCK.
Who's there?
GOLIATH.
Goliath who?

Goliath down,
you look-eth tired!

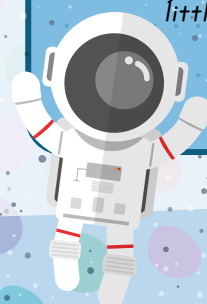


IF YOU NOTICE COWS
SLEEPING IN A FIELD
does that mean it's
pasture bedtime?



Did you hear about
the claustrophobic
astronaut?

He just needed a
little space.



What do you call
a dinosaur that is
sleeping?

A dino-snore!



TRUE

girl

WITH SHANI MCKENZIE



TRUE GIRL

GET SOME RADICAL REST!

What do you think about when you hear the word Sabbath? Most people would probably say rest! And they'd be absolutely right. I remember coming home from church on Sunday morning and either taking a nap or watching something with my family on TV. Most often, I'd read a good book. I loved Sundays because we wouldn't have to do housework and most of the time our homework would be finished by Saturday night.

But Sabbath rest isn't just about taking a break from school or chores; it's about reconnecting with God and spending quality time with our loved ones. In Genesis 2:2-3, after creating the world, God rested on the seventh day and blessed it, setting an example for us to follow. When we take time to rest, we honor God and rejuvenate our bodies, minds, and spirits.

Remember when Jesus and His disciples were crossing the Sea of Galilee, and a big storm came up? The disciples were freaking out, but Jesus was chilling in the boat, taking a nap! (MARK 4:35-41) Even amid chaos, Jesus knew the importance of rest. And guess what? He calmed the storm when He woke up! **This story reminds us that Sabbath rest isn't just about physical rest; it's about trusting God to take care of us, even in the midst of life's storms.**

My family and I are always looking for ways to keep Christ at the center of our Sabbath. Can you think of some ways you and your family could do that? Maybe you already have some. Whether you have never really observed Sabbath or have been doing it for years, here are a few things you can try.

1. Get creative with activities. Organize a Bible scavenger hunt or have some family fun with Christian conversation cards! Rest doesn't mean you can't be active.

2. Unplug and connect! Take a break from screens and electronics during Sabbath rest. Pray together as a family or share stories of God's faithfulness. By unplugging from technology, you'll create space for meaningful connections and spiritual growth!

3. Practice gratitude. This is a big one in my house! Sabbath rest can be a time to reflect on God's goodness and blessings in your life. Write in a gratitude journal, create a thankful collage with your family, or share what you're thankful for during mealtime. By practicing gratitude, you'll cultivate a heart of thankfulness and appreciation for God's provision.

So, let's be radical when it comes to Sabbath rest. We need to keep God as the center of everything we do, even rest. We can enjoy fun and meaningful Sabbath rest alone or with others, all while growing closer to God!



True Girl

Dannah Gresh is the founder of True Girl. She's written more than 20 books for girls and moms. Find out more at mytruegirl.com.



Resting UP!

**Sisters
HEIDI &
PHILIPPA,**
together with
their family, rest,
restore and
reflect to honor
the Sabbath



A Note from Mom

At first glance, when I think about my daughters, Philippa and Heidi, I am not so sure "rest" is what first comes to mind! These girls are always active, especially if around one another. Philippa always has a game she has imagined that needs to be played and Heidi always wants there to be some dance or sport attached to that game. Each girl has her own unique way of approaching the world around her, but they fill up their days with practical jokes and a lot of energy (they are in ballet, gymnastics, jazz dance and the Pasadena Girls Choir). However, when I think of how our family embraces "Sabbath," then I understand why Philippa and Heidi are such great examples of how to live in it. For us, Sabbath is not just about resting from the work that can keep us from being together, but about a deep and committed enjoyment of the world God has made. As you will read, we do things every Sunday that are about connection, about joy. In that way, these girls abide and rest inside of God's good kingdom on Sabbath so well, because they keep their wonder.



We used to think Sabbath

was just about going to church, which we liked because we loved going to be with other Christians. But for the last couple of years our family has been making Sabbath about really spending time with each other.

It's about relaxing into the day. Our favorite thing to do together is going on family walks. We sometimes just walk around our neighborhood together looking at nature. It's calming to look at God's work—how everything we see is like a melody.

We love to go to the “down road”—these roads that go downhill—and if we bring our scooters then we whiz down super-fast and do races. Otherwise, we just run.

We also take family walks when we visit Austria, where we go in the summer. Sometimes we go on walks for almost two hours, even with our brother Noah who is only 5! There are always berries growing on the side of the pathway and when we get tired, we stop and

pick them. We learned last summer how to find a special kind of mushroom that you can eat, and it was really fun to spot them, like a treasure hunt.

We went into the city of Vienna there and walked for hours, stopping for ice cream. Everywhere we travel, my parents like us to explore.

We also love to do things together, like cooking and listening to music. On Sundays our dad puts records on his record player and tells us about the bands playing. We feel so thankful to live close to Nanalina and Papa (our grandparents) because we always have dinner with them Sunday nights, and sometimes we bring over our friends and get to share our grandparents with them. In the summertime before dinner we swim in the pool.

BEST REST

To me, rest means a time when you have space to talk to God. It's also about taking care of my body, like taking it easy on a Sunday or having fun with my family. We meet with another family on Friday nights and have dinner and pray and eat. That makes me feel that I am home—being with people I love and have fun with. I think that is rest.

HEIDI

BEST REST

Listening to quiet music while taking a bath is one of my favorite ways to rest. My mother turns on soft music and runs us a bath and we get alone time with choir music. On Sundays my family gets together with family at night, and I love that. We often play a board game. Knowing that we have these same things happening every week makes me feel relaxed about the day when I wake up.

PHILIPPA



HEIDI

THIS IS ME

HEIDI AMELIA, 8

Generous. Kind. Loving.

MY NAME

My name was chosen because my mom felt I was strong and a hard worker and that is what my middle name means. My mum thought of my name when she was watching a movie about Heidi Baker.

MY FAMILY

I have parents called Paul and Teresa and my siblings are Noah and Philippa. We like to be generous and have people over for dinner. Also, we don't give up.

MY HOBBIES

I like to read and do math and I also like to play with my sister and brother, play soccer and do jump rope.

WHEN I GROW UP

I have like 30 things I want to do. I want to be a mom and teach kids who are in third grade. I want to meet new people.

I WANT ALL GIRLS TO KNOW THAT

God is a miracle worker. God can heal people who are sick.

THREE THINGS I AM GRATEFUL FOR TODAY

My family, the earth and my house.

NO ONE WOULD EVER GUESS THAT

I like to play soccer. I keep that a secret sometimes!

A FAVORITE MEMORY

Going to Disneyland for my birthday. My family came and a few of my friends came as well.

MY UNIQUE TALENT

My talent is loving to make and invent new things.

MY HAPPY PLACE!

Outside.

ON MY BUCKET LIST

Be a champion of soccer
Become a good cook
Go back to New Zealand

GOD HAS BEEN SHOWING ME

That I shouldn't be bragging or greedy. He's been showing me instead to be generous and kind to others.

COOLEST THING I'VE DONE

We have traveled to Austria twice now and we took a trip into Vienna for the day and used the subways.

5

FUN FACTS ABOUT ME!

1. I can do cartwheels.
2. I make up characters and play them.
3. I like to cook a lot.
4. I broke my elbow on the monkey bars and had surgery on it and it is finally better now.
5. I love to make people laugh.

FAVORITES!

Color: Violet
Song: "Better Place"
Singer/Band: Shawn Mendes
Book: Heidi
Animal: A white bunny!
Food: Pavlova and Mac and Cheese
Thing To Wear: A dress with flowers on it.
Class in School: Math
Bible Verse: Proverbs 3:5
"Trust in the Lord with all your heart..."

PHILIPPA

THIS IS ME
PHILIPPA BETHEL, 9
Artistic. Honest. Kind.

MY NAME
I was named after two things. Philippa means “lover of horses,” but also my mother loved the story of Phillip in Acts 8, who explained Scripture to an Ethiopian man who asked questions. She loved the idea of giving wisdom.

MY FAMILY
My family is really fun—we like to do many things together. Sometimes I have adventures with my brother and sister, and I live close to one set of my grandparents, but my cousins are scattered all over the world.

MY HOBBIES
I like making art through coloring and drawing. Another hobby I really enjoy is dancing, as well as reading.

WHEN I GROW UP ...
I want to be a writer or a paleontologist. And I definitely want to have kids.

I WANT ALL GIRLS TO KNOW ...
That God is always with you. That means a lot because I go through tough times especially when I’m away from my parents and I really need somebody close.

THREE THINGS I AM GRATEFUL FOR TODAY
Music, paper and pens!

NO ONE WOULD EVER GUESS THAT
I was born in New Zealand, and though I love horses, I’ve never ridden one!

ONE OF MY FAVORITE MEMORIES
I remember when I was younger, I used to say things with an accent and I’d ask my dad to go to the “park” with a new accent and my dad would correct me and say, “not the pARK, the PAHK.” That’s always funny to me. I love memories about going to the park.

MY UNUSUAL TALENT
Being sensitive and using my sensitivity to help people around me.

MY HAPPY PLACE!
My bed! And in a book.

ON MY BUCKET LIST
Getting married. Having children. Going to a concert. Visiting New York.

5 FUN FACTS ABOUT ME!

1. I love cooking.
2. I have Joss, the American Girl Doll.
3. I love to make up dances and stories.
4. I love face-painting.
5. I’m a great swimmer.

GOD HAS BEEN SHOWING ME ...
That I can face my own difficulties without telling on others when I don’t need to. He shows me that I don’t need to be afraid to use my sensitivity.

COOLEST THING I’VE DONE
My first trip to Disneyland was so cool, it was full of magic and wonder. And one time I painted and drew a real live bird I was looking at.

FAVORITES!

- Color:** Black
- Song:** “Seize the Day”
- Singer/Band:** The Beatles
- Book:** *Wings of Fire* graphic novels
- Animals:** Raccoons, skunks and horses. I am also very fond of cats.
- Food:** Pavlova (It’s a dessert)
- Thing To Wear:** A fancy white top and leggings with cool shoes with my hair in a ponytail.
- Class in School:** Art and Language Arts
- Bible Verse:** Matthew 28:20

“I will be with you always...”



OUR Scrapbook



This is when my mum and I went out for a morning breakfast date together. I love that kind of time with her!



Halloween costumes!



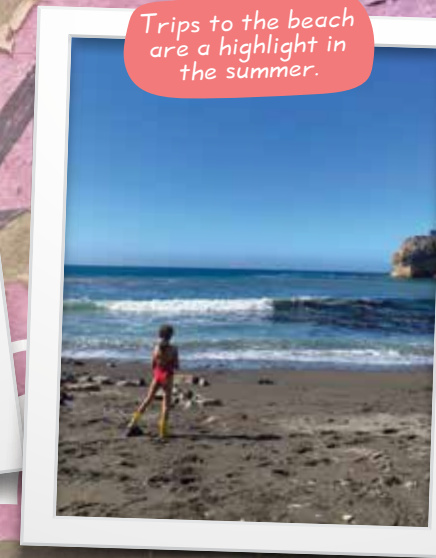
We are avid LA Zoo members!



Eating ice cream with our Papa!



All three of us at a park in Austria



Trips to the beach are a highlight in the summer.



Laughing at home in our yard.



Heidi



Playing in Downtown LA is a fun Saturday for our family.



PRISCILLA SHIRER IS AN AUTHOR AND BIBLE TEACHER. HER MINISTRY IS FOCUSED ON TEACHING THE WORD OF GOD TO WOMEN, AND SHE HAS WRITTEN MORE THAN 20 BOOKS, INCLUDING A FICTIONAL SERIES FOR TWEENS!

Priscilla's father is the well-known pastor, Dr. Tony Evans—which makes Priscilla the cousin of **FOR GIRLS LIKE YOU** founder, Wynter Evans Pitts! Priscilla was a wonderful friend and support to Wynter when she first started this magazine you're reading right now—and is still a friend to Wynter's continuing ministry.



Wynter and Priscilla



Priscilla's an actress, too! Did you know that she starred in the movie **WAR ROOM**—along with Alena Pitts!

For this special issue
honoring **SABBATH** in our lives, Priscilla was excited to tell us what she has discovered about the "Sabbath Principle." ♥

**"THE SABBATH WAS MADE FOR MAN,
NOT MAN FOR THE SABBATH."**

MARK 2:27

Harriet Tubman, the great emancipator of slaves in America, said, "I freed thousands of slaves, but I could have freed thousands more, if they had known they were slaves."

If. Only. They. Knew.

In our fast-paced, go-go-go culture, a different kind of slavery has crept in. Many of us have become bound by overcrowded schedules and spaces. We are slaves to things that we were meant to enjoy. We buy too much, eat too much, or fill our calendars too full. Before we know it, we are stressed and frustrated by the very things that were meant to be blessings.

This was the interesting thing that I discovered when studying the Sabbath Principle in Scripture.

When Yahweh introduced the Sabbath to His children in Exodus 16, He intended it to serve as a boundary around their blessing—to keep them from overindulging in a good thing. He miraculously provided manna for them to gather in the desert each day for six days of the week and then, on the seventh, they were to enjoy what they'd received and rest from their work. This boundary would keep them from loving the manna more than they loved the Master.

Your loving Father always and eternally intended the Sabbath to be a guide for living that enables us to manage our lives and steer clear of bondage to the things we've been given to enjoy.

So, look around your life and take in all the things and opportunities that the Lord has given you—food to eat, work to do, ministry to extend, friendships to nurture—and then ask the Holy Spirit to show you how to apply the Sabbath principle to each of them.

So that you can live fully and freely.

Every day, for the rest of your life.

—PRISCILLA SHIRER

Take A Break!

And read all about what you and girls like you do to rest, restore and honor God through the Sabbath!

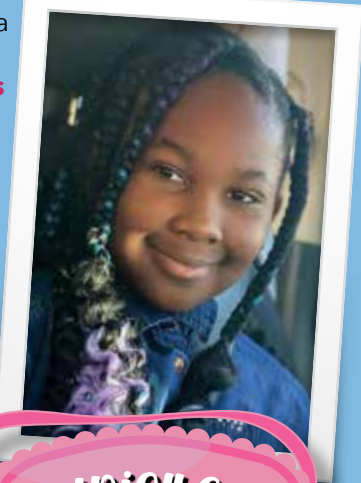
I want to try doing a Sabbath meal.

To me, rest means relaxing, napping or just sitting and reading a book.

If I'm tired, I'll take a nap or go to my room and quietly color or read a book. I like going in my hammock and just sitting there. I like relaxing in the hammock with my mom.

I love when the sun hits me.

I think the Sabbath is God's day to rest and technically if you haven't gotten your school done on the weekdays you shouldn't have to do it on the Sabbath or the weekend, just do it on Monday.



Adrielle, 8



Evelyn, 10

Sabbath. You don't have to rest in your bed, just don't do a lot of chores or stuff like that!

Every Friday evening, my family lights candles for us to remember that God's Spirit is with us. We also have my mom's famous sourdough pizza. It's so good!

Sabbath is a time to rest, so I encourage you all to rest during

Scarlett and Juliette Omartian were **FOR GIRLS LIKE YOU** cover girls in our September/October 2022 Grandparenting issue, where we learned more about their grandmother, **Stormie Omartian**, and celebrated the wonderful relationships we all have with our grandparents!



For this issue, they dropped in to answer our questions ... and introduce us to their newest girl like you!

We start celebrating the Sabbath on Friday night and stop on Saturday night.

One of the things our family likes to do on the Sabbath is sing a praise song that we all made up. My dad plays the guitar and sings, and me, my 8-year-old little sister Juliette, and my mom sing along too ... and my 1-year-old baby sister, **Victoria**, dances!

My mom and dad let Juliette and me sleep on the couch that night! We stay up a little late and sometimes even watch a movie or play a family game! And we also have a special dinner. My favorite part of the Sabbath is that I can sleep in!



Scarlett, 10



Juliette, 8

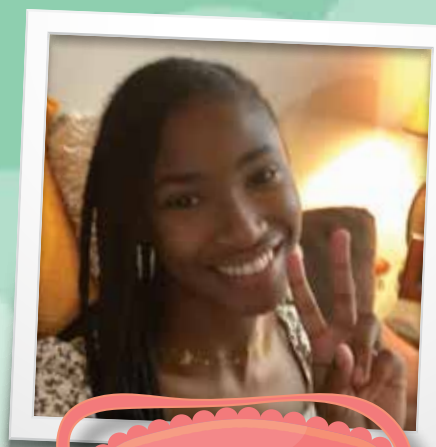
The things my family and I love to do on the Sabbath are read Scripture and pray for each other. We

usually have cinnamon rolls and turkey bacon in the morning, and we relax and spend time together. I love snuggling on the couch and sometimes watching a show or movie with my parents and sisters. If it's a nice day, we like going to a park or playing outside with our friends. I love the Sabbath because we get to rest together as a family.



Chandler, 10

I like to rest and restore my body by enjoying time at the lake with my family and dog, Fergus. Together we take in the beauty of God's creation outdoors and make special memories together.



Brianna, 13

How I rest on the sabbath is I listen to some upbeat Christian music, go on nature walks, go to church, and spread the Good News of Jesus Christ!

When I think of rest I think of sleeping. **When I think of the Sabbath, I think of God resting on the Sabbath.**

If you don't rest, your body does not function. Genesis 2:2 says that God finished His work and rested. So it is important that we rest so our bodies can function correctly.



Betty, 10





Hannah, 7

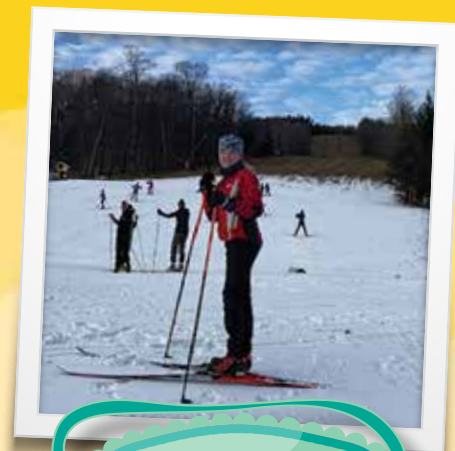
To me, resting just means drawing, reading, or sleeping.

Usually I'll have trouble falling asleep, and for those of you who have the same issue, I have a trick! First, lie on your side, back or stomach. Relax your body. Inhale slowly, then pause your breath. Exhale slowly, then pause your breath. Repeat for five to 10 minutes. I hope this helps you too!



Joyce, 12

During Sabbath my family and I often tend to pray more and read more and we study the Bible daily. We go to church every Sunday and get our minds to focus on what our pastor preaches to us. Rest to me usually means lying down on my bed and reading a good book. I try to let go of the thoughts that worry me and instead think about stuff that makes me feel relaxed. But rest sometimes can even mean to stop focusing on the activities we do and put our focus on God. School, friends, sports, etc., can sometimes take away our time with Jesus. Just like on the seventh day God rested. Without rest, we would be stressed out, tired, and feel pressured. God gives us opportunities to rest and we should really use them!



Grace, 12

I love **FOR GIRLS LIKE YOU!** I am really social so on the Sabbath I enjoy being with friends after church! We sometimes swim, ski, talk, and ride horses. Being around them and seeing how God is working in their lives encourages and refreshes me for the week ahead! I hope this magazine encourages you as much as it does for me!



Haddie, 11

SISTERS

I rest by shooting basketballs outside by myself. I love **FOR GIRLS LIKE YOU**, and am so excited to be in this issue!

Rest means to calm yourself down. One of the things that makes me rest is thinking about all the things that make me happy—like dogs—especially my favorite dog, Hueston, or my favorite Duke basketball player, Emma Koabel, or my family and especially my crazy little brother Jed, or my friends, and all sorts of other things, but especially Jesus!



Della, 8

Me and my favorite basketball player. Emma Koabel!



Eden, 13

My favorite ways to rest are to do a handicraft, like crochet, or to stretch (I'm a dancer). My family and I do Bible time in the evening—right before bed, we read a passage from the Bible and then talk about it. Every day, we also have a specific time we call "free time" when we can all do what we want. My brothers play videogames, my mom takes a nap, and I kinda just chill, sometimes playing videogames with my brothers, and sometimes just resting in my room. I also like to read or listen to music.



Eliana, 10

To me, rest is doing something relaxing like sleeping, reading a book, napping or just taking a break from things. I love to read and write, so the way I like to rest is reading a book on my bed and writing stories. That is how I rest!

I love Sabbath! Every Friday night at sunset my family lights candles and takes communion to mark the beginning of Sabbath. To me, Sabbath means resting in God's presence. So, I love to read my Bible and pray. But ... that's not all I do. Some of my favorite things to do when I have time to rest is read (a lot!), cuddle with my cat, paint my nails, listen to music in my headphones, play games with my family, and sometimes, when I have something to write about, I journal. Taking time to rest, especially when you've had a busy week is very important.



Lily, 12

Sunday is always a peaceful and important day for my family. We go to church every week, and after that we like to spend our afternoon resting. Lately, I've been learning more and more how important this rest time is, because it's often in the quieter moments that we hear God speaking to us.

You never know—maybe He's trying to tell us something and we should just stop and listen for Him. Sunday for me is a time to refresh and recharge for the week ahead, and also a time to talk to God and let Him speak to you. Genesis 2:3 says: "God blessed the seventh day and made it holy, for on that day He rested from all His work He had done."

P.S. One of my favorite ways to rest is reading, especially if it's a FOR GIRLS LIKE YOU magazine!

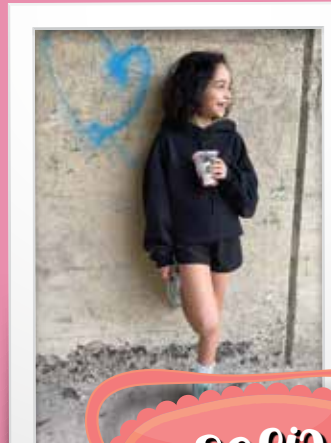


Georgia, 12



Hailey, 11

On every Sabbath my family and I go to Divine Child Catholic Church, where I also go to school! After church on this day of rest we usually go out to eat at a restaurant. I love it when we do all these things together because it is so fun and happy to be with my family on the Sabbath! I think that rest means after a long day of hard work you sit down with our Lord and rest in His presence. I think that in those little moments of rest you truly can hear Him speaking through your heart. I also dance a lot (I am a competitive dancer). By that I mean, five or more days a week, and with school and everything it is sometimes hard to find times to pray. So in this way I find rest journaling either before bed or in the morning and just focusing my life on the Good Lord Jesus. I hope my letter has helped and inspired you to find rest in your life and to have blessed Sabbaths!



Sofia, 11

To me, rest means to sit back and enjoy life. I sleep in, hang out with my fam, and accept what will happen later in life. One of my favorite ways to rest is to either sleep in or chillax on my bed doing something (just not being sick!). When it comes to rest, I think other girls like me should practice a habit of being happy about rest. Rest is a wonderful thing! Sometimes I rush through life without even stopping to think about how great a day has been, and I forget to thank the Lord. If you love to rest, that's a great trait because even the Lord took time to rest when creating the world. That's why we celebrate the Sabbath, because the Lord rested on the seventh day, and that's what we should do too.



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day has been, and I forget to thank the Lord. If you love to rest, that's a great trait because even the Lord took time to rest when creating the world. That's why we celebrate the Sabbath, because the Lord rested on the seventh day, and that's what we should do too.



Tiyah, 13

Every Sabbath day, my family and I fast from food and technology. It makes me really happy that God is able to talk to me without interruptions. Even though I don't exactly enjoy spending time without my phone, it's worth it because I make God happy which is always good! I also like to memorize verses from the Bible on the Sabbath when I can.

To me, rest means to take a break from work to relax, which is really important for the body. Plus, if you rest for a few minutes, you will be refreshed and ready to start the rest of the day. My favorite way to rest is sleeping in, reading a good book, and listening to piano music.

God's purpose in giving you Sabbath spaces amid your full, productive life is to help you be uninhibited in your devotion, service, and worship of Yahweh.

—PRISCILLA SHIRER



COURAGEOUS girls

WITH TERRA MATTSON

DEAR
TERRA,

I have so many responsibilities. Dance class. Church. School. Family time. My chores. And I am ONLY 12. I feel very stressed and even anxious sometimes, like I am not going to please my parents, teachers, or even God. Please help!

BUSY BETHANY

STRESSED INTO BLESSED!

Oh, Bethany. **YOU ARE NOT ALONE,** girl. Everyone seems to feel so busy these days!

is important to Jesus. Being too busy without time to “plug in” and refuel our batteries causes anxiety, stress, and a false sense of control. **We miss out on what matters most—relationship with God and with those we love the most.**

Finding time to slow down to be quiet looks lots of different ways. We can read the Bible, take a walk, and use our five senses (smell, taste, see, feel or hear) to enjoy the world around us. Even just taking a moment to take a deeper breath (four counts in, six counts out) and realizing God gave us this breath, can help us find calm and peace.

Not only are you supposed to be a kid who loves God and makes good choices, it seems you also must juggle a full-time job—dance, school, chores, church, and so much more. It can feel like there is NO ROOM to find quiet, peace, and REST.

We were never meant to go all the time. Like your favorite device that has a battery life and at some point needs to get plugged into a source so it can keep going—well, we are similar. We need to find regular time to plug into THE source, our God, otherwise, we lose our battery strength.

Jesus is my favorite example because He not only worked hard, faithfully giving His all to His followers and those He was helping, but He took regular time to be alone, rest, and pull away from all the noise. We see this throughout His life, going off to a place to pray even when everyone needed Him.

Sometimes we think everything in our life is up to us and if we don’t do it all we will miss out on God’s plan. God says the opposite. He says, “Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it.” (MATTHEW 11:28-30, MSG) In another version, He says, “Come to me all you who are weary, and I will give you rest.” Rest

Being too busy is a joy-killer. God promises He will complete what He started in you, so don’t fall into the trap of believing that it’s all up to you—getting on the best teams, getting the best grades, being the best Christian. Everyone has a battery and needs time to recharge.

A Courageous Girl knows how to work hard and rest well because she trusts God’s plans and His opinion of her. Working hard is a gift and a good thing. But so is rest. God loves you when you are busy. God loves you when you do nothing but be still. His delighting in you has nothing to do with what you accomplish. So take a deep breath and plug in to the ONE who made you, knows the plans He has for you, and wants to spend some time with you.

Just breathe, **Terra**



Terra Mattson is a counselor, author and founder of **Courageous Girls**. To learn how to be a Courageous Girl and start your own group, ask your mom or caregiver to go to mycourageousgirls.com or have her read Terra’s book, *Courageous: Being Daughters Rooted in Grace*.

faith SERVICE. FUN.

WITH AMERICAN HERITAGE GIRLS

OUR CREED: “As an American Heritage Girl, I promise to be Compassionate, Helpful, Honest, Loyal, Perseverant, Pure, Resourceful, Respectful, Responsible and Reverent.”

STOP AND SMELL THE FLOWERS

God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done.
GENESIS 2:3

Faith.

The Bible tells us that God made our beautiful world, and then on the seventh day, He rested. And He said that it was good! And it is good for us to follow His Word by remembering the Sabbath Day and keeping it holy. Our day of rest doesn’t mean we get to sleep all day—it means we take time to appreciate the wonderful world God made for us, and to deepen our relationship with Him. Spending time in God’s creation is a perfect way to honor our need for rest, relaxation and reflection!

Service.

Service is freely giving of your time, your talents, and your hard work for someone else’s benefit without expecting anything in return. Through serving others, we can reflect on Christ’s sacrificial love for us.

This season of warmer weather gives us the chance to dive into the great outdoors, and expand ways we can serve, and ways we can relax, and sometimes we can do both at the same time! Many people work hard to keep the natural world around us clean, safe and thriving—for plant life, animal life, and us! You can serve by helping park rangers in their efforts to beautify a section of the park.

Whether it’s planting flowers or cleaning up debris, every small act of compassion can have a big impact. By serving in this way, you can demonstrate Christ’s love to others. Let’s make a positive change together!



Explorer **ABIGAIL** working toward the fishing badge at Camp Acorn in Leakey, Texas!

Fun.

Here’s a great activity you can create for your friends and family as a fun and relaxing way to discover all the beauty in nature!

TRAIL GUIDE

Combine your creative craft skills and love for fun adventures by designing “go find it” scavenger cards for your next outdoor exploration. Use some of our descriptive words below as inspiration, along with your ideas, to create opportunities to enjoy a closer look at God’s creation. Share your rules for the hunt with friends and family, and race to see who can find everything on your cards or find the most within a chosen amount of time! **Find something:**

- | | |
|--------------------------------------|-----------------------------------|
| 1. Smaller than this card | 12. Pick a letter of the alphabet |
| 2. Bigger than this card | 13. Pick a color |
| 3. Huge, bigger than your head, wow! | 14. A piece of trash |
| 4. Soft | 15. Something stuck |
| 5. Hard | 16. Wiggly |
| 6. Smooth | 17. Flappy |
| 7. Rough | 18. Quiet |
| 8. Pointy | 19. Loud |
| 9. Sticky | 20. Fallen tree |
| 10. Heart | 21. Animal track |
| 11. Smelly | |

By completing this activity, you are on your way to completing the AHG Camping Badge or Hiking Badge.



Looking for a community of faith, service, and lots of fun, with just like you? With your parents’ help, go to americanheritagegirls.org/find-a-troop/ to get connected. We think you’ll love who you find!

Planted Journal

Did you know that God loves for you to rest? In fact, God calls you to rest! And having a journal is the perfect place to start. Psalm 1:2 tells us that we are blessed when we delight and meditate on the Word of God. We are even called TREES that are planted along the riverbank. When we take the time to stop our busy lives and write down all that God is teaching us, we will be blessed (and restful) like the tree on the riverbank described in Psalm 1:2-3.

SUPPLIES

Composition Notebook, Scrapbook Paper, Fabric, Embellishments: Buttons, Sequins, Glass Marbles, Sea Glass, Tree Template and Scripture (thouartexalted.com/tree-journal), Craft Glue, Foam Brush, Pencil, Scissors, Hotel Card/Old Credit Card, Plate (for glue)



Open up your composition notebook and lay its back on the back side of your scrapbook paper. Using a pencil, trace around the notebook. You might need to cut two pieces. One for the front one for the back. Cut out the paper and glue to your notebook. TIP: Mix a LITTLE water into your glue so it's not so thick. To avoid air bubbles, use an old credit card to smooth out the bubbles.



Take another strip of coordinating paper (2.5" x 9.75") and glue a "binder" that covers an inch on the front and an inch on the back.

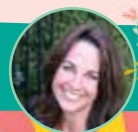


Download, print, and cut out the template and Scripture (thouartexalted.com/tree-journal). Cut out the shapes and trace them onto your fabric or paper. I used fabric for my trees and overlaid them with smaller paper circles. I used paper for my riverbank.



It's time to glue down your riverbank. Use your blue paper and make an area that resembles water. Next, glue your trees. Have fun putting final touches on your Journal. Glue buttons, sequins and paper flowers. Copy and cut Psalm 1:2-3 and glue onto your journal. (I placed mine in the trees and along the riverbank!)

He loves the Lord's teachings. He thinks about those teachings day and night. He is strong, like a tree planted by a river. PSALM 1:2-3



Visit thouartexalted.com. Thou Art Exalted, founded by Annie Pajcic, combines art and God's Word online and in every issue of **For Girls Like You!**



STEMgirls

SCIENCE FUN WITH THE DENTON DUO

Lydia and Bethany

DEFYING GRAVITY

Since we're talking about the importance of REST in this issue, we thought we'd look at Newton's first law of motion. You've probably learned about this in school. It says:

1. A body at rest tends to remain at rest.
2. A body in motion tends to remain in motion at a constant velocity unless acted on by an external force.

What does that mean? Let's try a quick experiment to explain!

What you'll need: hammer or rubber mallet, wooden skewer or chopstick and an apple

Carefully push the skewer/chopstick through the apple until it pushes out the other side. With the tall part of the skewer facing up, hit the end quickly and with a moderate force. Keep pounding!



What would you expect the apple to do? Fly off and fall to the floor? That is what we thought would happen ... but it didn't! Our apple seemed to climb up the chopstick! It climbed all the way up to our hand!

WHAT'S GOING ON?

Is the apple defying gravity? Why is it climbing up when we are hammering down? Well, when you

are just holding an apple on a chopstick, it will stay there at rest. The friction from the chopstick on the apple is enough to hold it on the chopstick so that gravity doesn't pull it off, and your hand is applying enough force to hold the chopstick and the apple in

the air without them both falling to the ground. The system is balanced. Nothing is moving up or down.

But, when you hit the chopstick with the hammer, you are introducing an external force! A big whack on the top of the chopstick. This causes the chopstick to move down quickly. The apple, however, has inertia. Because it has more mass than the chopstick, it resists the movement downward. So, the chopstick goes down and the apple stays in place as the inertia resists the movement and holds the apple still. When you hit it again, the chopstick moves, and the apple doesn't. As the chopstick keeps going down, it gives the illusion that the apple is climbing UP the chopstick!



In the Bible, God teaches us about the importance of rest. He even created a whole day of rest called the Sabbath. WHY do you think God says rest is so important? I don't know about you, but when I am tired, even little problems seem like big problems. I can get grouchy, and I can be grumpy at the people around me. This isn't pleasing to God. If I listen to my body and get good rest, I am a much nicer person. I am also able to handle the FORCES that come my way and may try to bring me down. Resting allows me to continue to climb to new heights and honor God, even when forces around me try to get me down.

Come to me, all you who are weary and burdened, and I will give you rest.
MATTHEW 11:28

Newton's law is pretty amazing when you view it from God's viewpoint. Let's all rest in God, soak in His goodness, be in His presence, and allow our inertia to carry us over into the week.

BEFORE YOU
GO

SABBATH

ISN'T ABOUT RESTING PERFECTLY;
it's about RESTING IN THE ONE
WHO IS PERFECT.

SHELLY MILLER

Call THE SABBATH
a delight.

ISAIAH 58:13

Sabbath
always
BRINGS US BACK
to what
is **MOST**
important.

REST
in

THE
LORD

&

wait
patiently
for HIM.

PSALM 37:7

Sabbath
is about four things:
CEASING, RESTING, EMBRACING,
AND FEASTING.

MARVA DAWN

Whoever DWELLS
IN THE SHELTER OF THE MOST HIGH
WILL REST IN THE
SHADOW OF THE ALMIGHTY.

PSALM 91:1

YES, MY
SOUL,
find rest
in God; MY
HOPE comes from Him.

PSALM 62:5

The Sabbath IS A
WEEKLY CATHEDRAL
RAISED UP IN MY DINING ROOM, IN
MY FAMILY, IN MY HEART.

ANITA DIAMENT

MY

PRESENCE
will go with
you, and I will
give you rest.

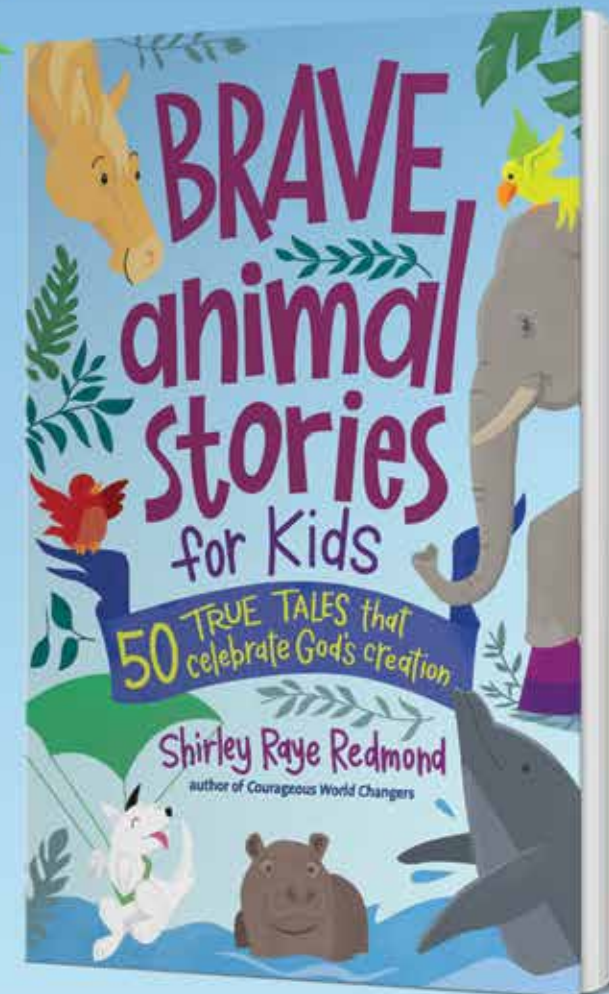
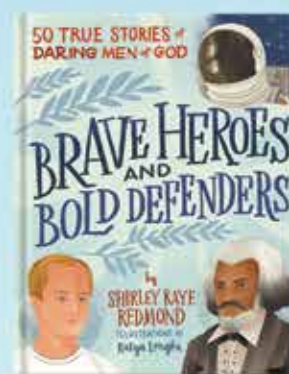
EXODUS 33:14

Meet some of history's most courageous creatures!

If you like animals, you will love these
50 true tales of daring dolphins, plucky
parrots, cunning canines, and other
intrepid heroes who exhibited epic
bravery in extraordinary circumstances.

Your entire family will enjoy these fun,
surprising, and inspiring stories!

More Great Books For Girls Like You!



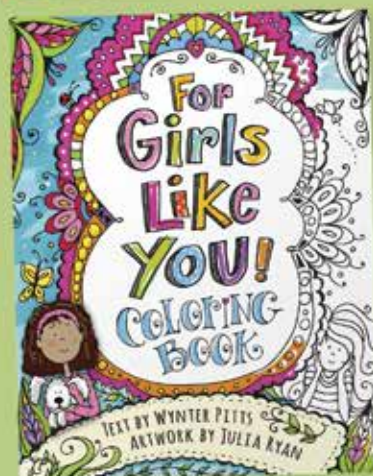
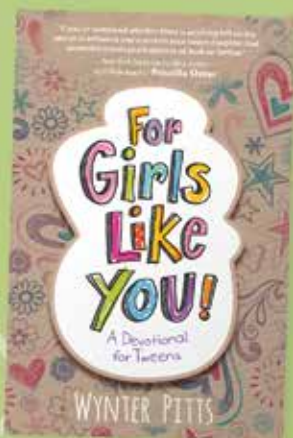
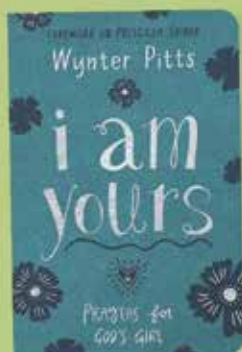
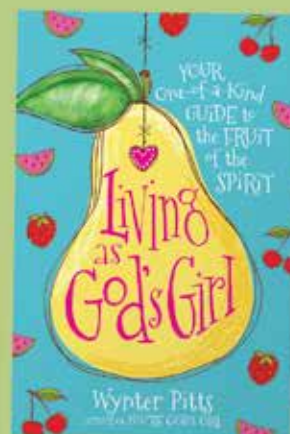
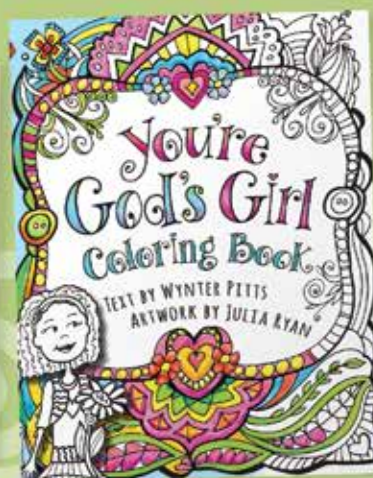
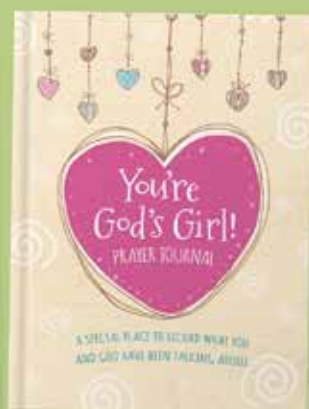
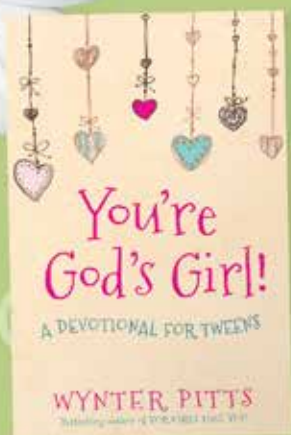
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Grow Your Faith



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