

FOR **GIRLS** **YOU**

MAY/JUNE 2025

It's a celebration of sisters!

meet
EISELE,

HER TWIN SISTERS,
EMORY AND BETSY,
AND THEIR
MUSICAL FAMILY!

**Sister
SISTER**
Sisters and friends
and friends
like sisters—
thank you for
introducing
us to all
of yours!

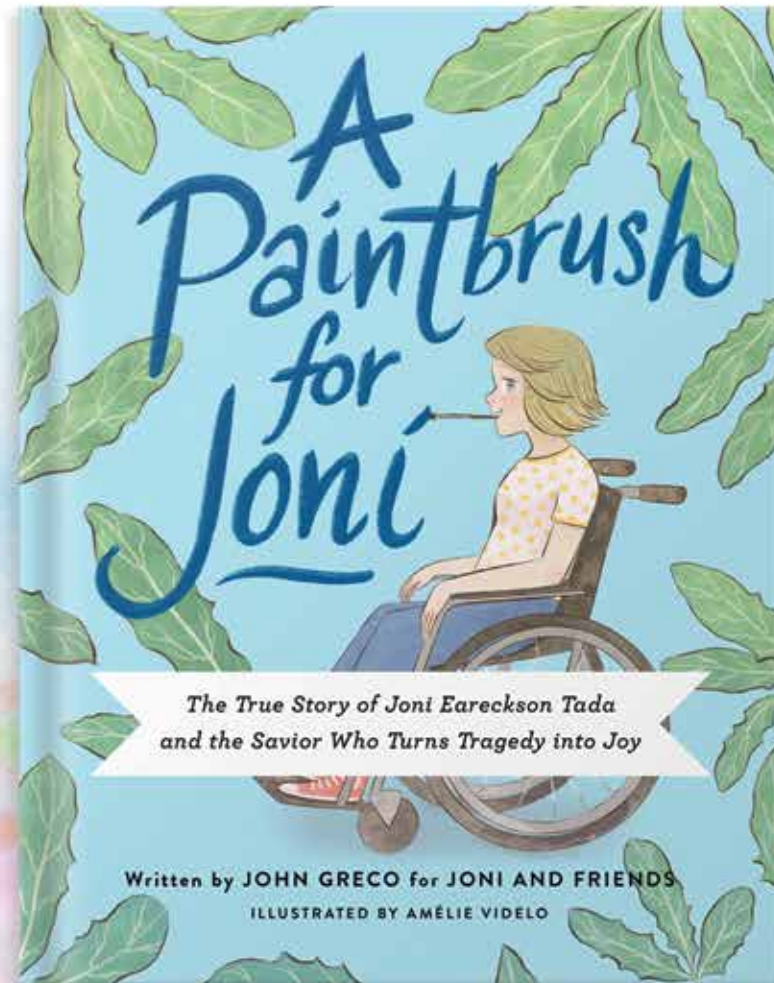
And inside...
SISTER LOLs, CRAFTS, PUZZLES,
INSPIRATION & FUN

“I love telling my story because it’s all about God’s help in every hardship!”

— JONI EARECKSON TADA



Meet Joni—A Real-Life Hero



The True Story of Joni Eareckson Tada and the Savior Who Turns Tragedy into Joy

Written by JOHN GRECO for JONI AND FRIENDS
ILLUSTRATED BY AMÉLIE VIDELO

Available wherever books are sold.

Joni Eareckson Tada was an adventurous, fun-loving teenager when a diving accident changed her life forever.

This is the inspiring true story of how Joni became an accomplished artist, author, and advocate while living with disability.

Whatever your circumstances are, discover how God can use you to do amazing things too!



FOR **GIRLS LIKE YOU**

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hello FRIEND

Sister Life

“I could never love anyone as I love my sisters.”
Jo March in *Little Women*

Did you know I have three sisters? I guess there’s a high chance you already knew that. But in case you didn’t, now you do!

Getting to grow up with all girls is really special. Although we are all unique, and some of us polar opposites, we can all relate on one thing. Our *girlhood* has bonded us and helped create the strong friendships we now have.

Something I’ve realized as an adult is that I actually have more than three sisters. **I’ve got thousands of them, all over the world, and so do you.**

In the Bible, Galatians 3:28 calls the body of Christ *brothers and sisters*. We all serve the same God, our Father, making us siblings in Christ. As Christians, our friendships with others should be marked by a sisterly love—a Christ-like love that reaches beyond the borders of our home. When we walk around, we get to see *other believing girls as our sisters ... in Christ*. How cool is that!

If you don’t have a sister at home, don’t worry. You’ve got thousands across the world. And many of them are reading this same issue right along with you. We’re all in the **FOR GIRLS LIKE YOU** family!



SISTERS FOREVER!
Olivia, Camryn, Alena, Kaitlyn

I think it is so kind of God to create us for friendship and to allow us all to be united as sisters.

Alena

AND YOUR FRIENDS at
FOR GIRLS LIKE YOU

We go together like peanut butter and jelly!

FOR GIRLS LIKE YOU

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Sister Sister Celebration

Sisters are best friends, and best friends are like sisters. Here, our readers introduce us to their sisters and friends like sisters.



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Sister Act

Eisele and her twin sisters Emory and Betsy are part of a growing musical family—a new sister will be arriving soon! And their mom (and dad) are part of a popular country music group. Will they be following in their footsteps? Read inside!

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Carried Away

Sisters Gracie and Judah and the very unique way they see the world!

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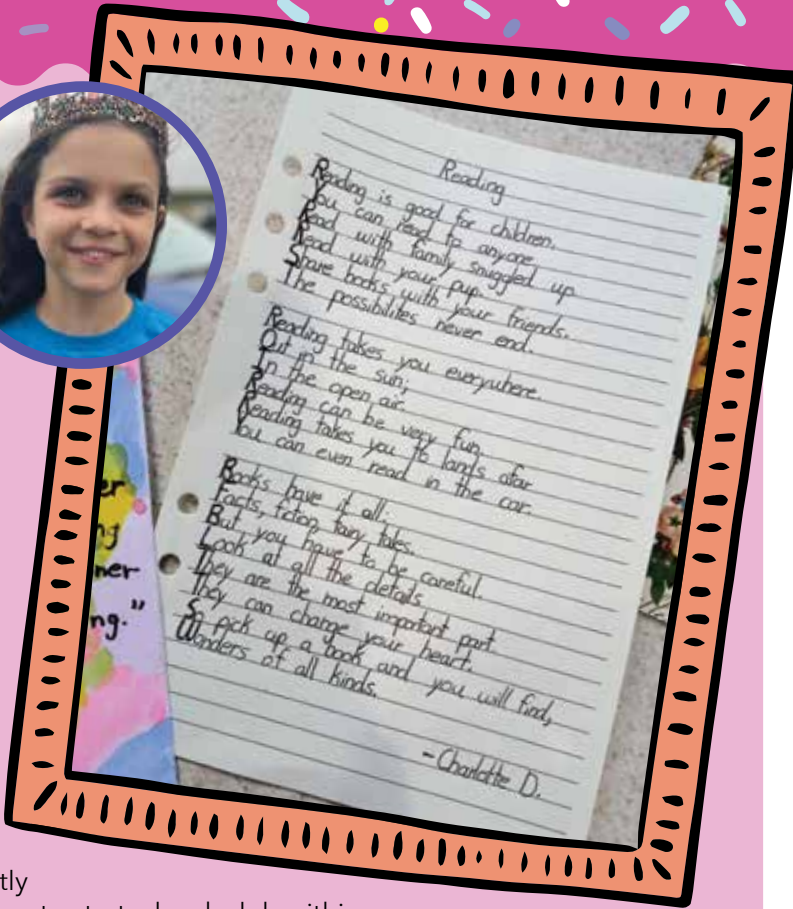
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SPrinkles

SPRINKLE JOY. SPRINKLE FUN. SPRINKLE BEAUTY.

Read All About It

I LOVE reading. Many of my friends and family love reading as well. My best friend shares my passion for reading and has shared good suggestions and books. I borrowed a book by Ted Dekker that I liked. I found another book by the same author at my local church library, so I checked it out and found I could not put it down. It followed the same style as Narnia. I like books that take that approach. I recommend *And They Found Dragons* series by Ted Dekker and Rachelle Dekker. I read my Bible and devotional every morning and meditate on their teachings. They have both helped me in my walk. I started a Children's Reading Program at my church to encourage kids to read. When a review was submitted, prizes were supplied every two weeks. I am going to continue the reading challenge again this spring and summer. I was greatly inspired by **FOR GIRLS LIKE YOU** and hope to start a book club within my homeschool group. I wrote this poem to express how reading is good for and can affect a person, specifically children. I am currently writing several books and enjoy both writing and reading.



Charlotte, 11



Good Reminders

I am so excited to send this to you! I made this piece of art because it is still snowing outside in Michigan where I live, and the thought of spring is a great one. I want this art piece to remind every girl that God is Creator and He loves you! I love **FOR GIRLS LIKE YOU** magazines and learning about other girls' lives—it is so fun!

Justice, 11



CRAZY FOR CROCHET

I'm a 4th grader who likes to crochet, and I taught myself how to do so. I've read the entire book, *You're God's Girl*, and it was a really good read.

I really like reading other people's stories in **SPRINKLES** because their stories inspire me!

Camila, the crocheter, 10



Cast Your Cares On Him

One day I was playing tag with my friends at school. Suddenly, I crashed into another student and fell. My wrist bent all the way back and it looked pretty gross. Thankfully, the student I crashed into didn't get hurt. He only had a skinned knee. I was crying really hard when my mom came to pick me up, but I didn't cry on the way to the hospital, though I felt like I wanted to. I knew that God was with me in this situation, even though I was scared.

We waited at the urgent care for over two hours. My wrist hurt a lot. My mom asked me if I wanted to watch a movie while we waited, and I said, 'No,' because it hurt too much. She prayed for me, and it made me feel better. They finally called my name, and I got to see a nurse practitioner who told me to get an X-ray. I was really nervous about it and wasn't sure what to expect. She asked me a lot of questions about my wrist, and it turned out the X-ray was nothing to be afraid of. In fact, it was actually pretty cool to see a picture of my bone! There was a break in my bone, and it was smaller than I thought. We drove to another hospital, where a tech put a splint on my arm. A few days later, I got my cast and was told to wear it for four weeks. I got to pick out my color—purple! It was fun watching the lady make my cast as she wrapped my arm in black fabric and wet purple strips of plaster. When I got home, my family got to sign it, and later, my friends did, too. During that time, I felt like God was with me, though my arm still hurt, and I did break a bone. I want every girl to know that no matter what you face and no matter how hard life gets, God is with you in your hard times, just like He was with me.

Ella, 9



WE'D LOVE TO HEAR FROM YOU! We'd love to showcase your paintings, poems, songs, stories, drawings, photographs, anything! And we'd like to see you! Email your entries and photo to sprinkles@forgirlslikeyou.com!

I AM

GRACIE ALMON

14 years old
Determined. Kind. Funny.

Do you know how your name was chosen? It was chosen from a movie called *Return to Me*. It's one of my favorite movies!

Tell us about your family. I have two siblings, Bates and Brooklyn, and a mom and a dad, and our sweet dog, Bristol!

What are your favorite hobbies? Tennis and hanging out with friends, and I also love cheering on Auburn! war Eagle!

What would you love to do or be when you grow up? Something related to marketing or tennis.

Tell us about a time when you felt God's presence strongly. During communion at church.

What are you excited about this year? Summer vacation and going on trips, and overnight camp this summer!

What is the last thing that made you laugh really hard? Playing hat frisbee with my dad at one of my tennis tournaments. We laughed so hard!

If you could travel anywhere in the world, what place would you most want to visit? Italy, because I want to eat the pizza, spaghetti and gelato there!

What has God been showing or teaching your lately? Don't care about what other people think, but care about what God thinks.

What Bible story do you like most and why? Esther—because she bravely stood up for people, prayed, and God answered her prayer. I love hearing her story!

A GIRL LIKE YOU
GRACIE

A GIRL LIKE YOU

My middle name, Almon, is from my great grandma, Grandmama, who lived until 101! She was an amazing person, so caring, and loved the Lord!

I loved the summer trip my family took to St. Augustine because Brooklyn and I roomed together, and we had a blast! I remember staying up and watching TV and talking late at night—it was awesome!

This is my family!

My dog, Bristol, is a Rhodesian Ridgeback. She's the best dog ever!

Five Fun Facts About Me!

1. I am a triplet.
2. I'm the youngest of my siblings—one minute younger than my sister and two minutes younger than my brother.
3. I love to boogie board at the beach and catch awesome waves!
4. I LOVE cheese and fried okra!
5. I have moved five times and lived in three states!

Celebrating My Sister!

I love how my sister Brooklyn is very caring and always thinks about others. It's so fun to have a friend your age to hang out with all the time. I love seeing her sew super cool dresses, and she is also soooooo good at doing my hair! We love cheering on Auburn together and she is always there for me no matter what! We get to be in the same Bible Study at youth group since we're in the same grade which is really fun! We definitely have some moments we don't get along, but overall, we really enjoy being together! She is so supportive and an AMAZING sister!

Favorites!

Color: Pink

Song: "Message in a Bottle" by Taylor Swift

Movie: Rocky IV

Book: City Spies series by James Ponti

Food: Steak

Joke: What did the Dalmatian say when he finished dinner? "That hit the spot!"

Thing To Wear: Leggings and a sweatshirt

Bible Verse: 1 Peter 5:7

"Cast all your cares on Him because He cares for you."

GOD'S girl

DEVOTIONALS & MORE TO GROW YOUR FAITH

WYNTER'S WORDS



I AM LOVING AT ALL TIMES

"My command is this: Love each other as I have loved you."
JOHN 15:12

It's one thing to say you love your brother or your sister or your parents or other family members. It's another thing to sacrifice your *right now* for their happiness. Every girl has things she wants right now. She wants to have fun. She wants to be accepted. She wants to be popular. She wants to be comfortable. She wants to be successful.

Now, nothing is wrong with these *right now* wants, but if you always put your own needs first, you'll surely end up hurting someone else. Maybe your little cousin wants to play with you when he comes over to visit, but you don't want to be bothered and would rather text your friends. Or your dad needs some help doing yardwork, but you complain because you'd rather be watching a movie. But choosing to text your friends or watch a movie isn't just making the choice to do what you want to be doing *right now*—it's also making someone else feel sad. It's not showing love to them. And it's not helping make your family stronger.

The choices you make *right now* have a big impact on your life. Your actions show what's in your heart—what you care about, who is important to you, and what your relationship with Jesus is like. Let's be honest—do you think Jesus would send meaningless texts to His friends when a little cousin was counting on some fun and connection? Do you think Jesus would ignore His dad's request to help with yardwork and instead go watch a movie? Do you think Jesus would always put His own needs first instead of focusing on loving others? Of course not!

God created you to be a part of a family. In fact, He placed you in your specific family because He knew that would be the best place for you! It's important to say "I love you" to your family members, but it's even more important to show that love through your actions. That's the heart of showing God's love.

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

DEAR God.

Even though I love my family, sometimes I want to do my own thing. But my family members are important to me, and I need to remember to show my love for them through my actions, like choosing to spend time with them or helping them with things that need to be done. Please help me to make good choices and to show my family I love them through the things I do. Thank You for never being too busy for me. Please remind me to make time for others. In Jesus' name—AMEN

GO Girl!

WITH JACKIE MARUSHKA



GO Girl!

SISTERS IN CHRIST

"For whoever does the will of my Father in heaven, is my brother and sister and mother."
MATTHEW 5:20

There is nothing like having a sister! I was blessed to have a sister to grow up with. Her name is Kristin, and she is five years younger than I am. She is my best friend, and I wouldn't trade her for anything in the world.

My sister has always been honest with me. When I'm making a mistake and can't see my error, she gently offers her thoughts, which puts me back on course. She always makes time to hear my struggles and offer advice. The best part of having a sister is the laughter. Since we were very young, whenever we were together, we laughed!

If you don't have a sister, you may have a best friend who you feel is like a sister to you—someone you can confide in, who will tell you the truth, even if it's uncomfortable, and someone who forgives you when you make a mistake. And in turn, you do the same for them.

The best thing is when your familial sister or friend is also a sister in Christ!

Being a "sister in Christ" means you share a spiritual relationship with another girl who also follows

Jesus. When we count those kinds of friends, we may have many more "sisters" whose special bond is rooted in our faith.

At the heart of sisterhood, is love. God's love.

1 John 4:19 says, "We love because He first loved us." When Jesus is the center of every relationship, we have support, encouragement, and accountability.

2 Timothy 4:7-8 says "I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me but also to all who have longed for His appearing."

This is where a sister, or sisters, in Christ are an irreplaceable gift.

Finally, Proverbs 27:17 tells us, "As iron sharpens iron, so a man sharpens the countenance of his friend."



now

LOL

HAHAHAHA!



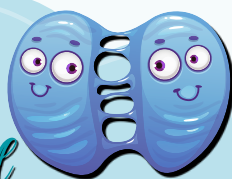
What do you
ask **YOUR SISTER**
when she
is upset?

Are you having
a cri. sis?



What did
THE CELL say to his sister
cell when she stepped
on his toe?

Mitosis!



I just
MET MY
IDENTICAL
twin sister.

I was beside
myself.

What do you call
a helpful sister?

Assister!



WHAT DO YOU
CALL **Darth Vader's**
sister who works in
a hotel?

Ella Vader!

Doctor!
My sister
keeps thinking
she's invisible!

Doctor: Which
sister?



How do
YOU TELL
two half-sisters
apart?

The difference is
a-parent!

I RAN INTO
MY SISTER while
I was exploring the
Sahara Desert.

I yelled, "O-A-SIS!"



I told my sister
she was drawing her
eyebrows **TOO HIGH.**

She seemed surprised!

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

TRUE girl

WITH SHANI MCKENZIE



GOD-GIVEN SISTERHOOD

"Perfume and incense bring joy to the heart and the pleasantness of a friend springs from their heartfelt advice."

PROVERBS 27:9

God has blessed me with many sisters. I have an incredible biological sister and three beautiful sisters-in-law. But I also have sisters who aren't related to me by blood or marriage—sisters I've known since my childhood in New York, friends for more than 30 years who are intentional about calling each other weekly. I also have sisters who challenge me spiritually, sharpening me as iron sharpens iron (Proverbs 27:17). And I have "little" sisters whom I pour into because discipleship isn't just for the older generation—we should all be pouring into and learning from one another.

These sisters have all helped me see God in different ways.

Through them, I've experienced His love, faithfulness, and correction. I've felt His comfort in hard seasons and His joy in times of celebration. Each of them has been part of my journey, used by God in unique ways to shape my faith. They've taught me not to take true sisterhood and friendship for granted. And because of them, I've learned to show gratitude—to them and to God.

Sisterhood is a God-given gift. Real sisterhood means showing up for each other, praying each other through

tough days (start doing that now!), and celebrating wins (like nailing that test or making the team)! It's cheering each other on toward Jesus.

Do you want to know something else? You don't have to be exactly alike to be sisters in Christ. In fact, God often puts together very different people so we can help each other grow. Just think of Ruth and Naomi or Mary and Elizabeth—different generations, same strong bond. Sisterhood means choosing kindness over competition and building each other up instead of tearing each other down. When we walk with our sisters, we're stronger, braver, and more joyful—just like God designed us to be.



Besties from my childhood



Me and my older sister



My iron-sharpening sisters

What is God showing you through your sisters? How can you let them know? Be sure to thank Him for the girls and women in your life who you can call sisters. And keep your spiritual eyes open—He may be showing you someone who needs the blessing of sisterhood, too!



TrueGirl

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.

Perfect Harmony



These **sisters** are happy to **play, pray, and stay together** in their **musical family** as they grow up in a house full of **singing, laughing and love!**

Their mom is in the country music supergroup Lady A, and their dad is the band's drummer, so it's no surprise that these three Nashville sisters have a lot of music in their lives! And they are excited about sister number four who is arriving soon!

NOTE from Mom:

"Hey there! My name is Hillary, and I am a mommy to four daughters—Eisele, Emory, and Betsy, and the fourth baby girl is going to be born in a few months! I am so proud of how creative and loving each of my girls are, and I'm excited for you to get to know them!

Our family loves to do a lot of art, music, reading, and games in our home, and we spend a lot of time playing with our Sheep-a-doodle, Boomer.

We have lots of conversations, and we get to navigate a lot of emotions and feelings with each other— sometimes, we have to learn how to be patient and how to be kind even when we are frustrated with each other. Other times, we have to talk through how hard it is to feel sad or disappointed, and we are learning how to be with each other even when we're upset. We love practicing courage when we're nervous and being brave to try hard things! I hope you enjoy getting to know my girls a little bit and seeing how God has made each of them so unique and beautiful, just like He's made each of you reading this."



Hanging with Mom backstage at the Ryman Auditorium in Nashville!



Family vacation to the Bahamas!



When Emory and Betsy were 3 and a half and Eisele almost 8! And puppy Boomer was almost 1 year old!



Dad sitting in Eisele's lap during our photo shoot!

MEET Cisele



EISELE KAYE, 12
Generous.
Light-hearted.
Mature.

My name

My first name is the name of my grandma's family—on my dad's side of the family. And my middle name is after my grandma on my mother's side!

My family

I have two little sisters. They are identical twins, and their names are Emory and Betsy. And then I have one sister on the way, and her name is Selah.

Our pets

We have one dog and his name's Boomer—short for Boomerang. He's an old English sheep dog and poodle mix. He weighs 105 pounds, but he's a teddy bear! He's 4 years old and he's black and white, and half of his face is black and half of it is white, which is adorable.

My hobbies

One of my hobbies is reading. I love enveloping myself in the stories, and it's one of my favorite things to do. Another one is probably softball, which during the softball seasons I play with friends from school, which is really fun. Oh, and playing piano. Love it.

When I grow up...

I've thought about being a vet, or a zoologist, but I don't want to do operations on animals! And being a zoologist would be more of the study of animals, not the interaction with them. But I know whatever I do, I want it to include animals and animal care.

The last time I laughed really hard...

Last night when we were wrestling, and my dad was tickling us hard!

I have felt God's presence...

When I was anxious at the start of fifth grade this year. It was real school and overwhelming homework, writing essays, all the stuff. And it was just sort of full-on; I didn't know it was coming. At the time, I was also doing eye therapy, which was not fun. It was fun when I went there. But all the homework I had to do? Not fun. And then I had piano, and I just felt like it was very overwhelming with all the homework that I had to do. And I also struggle with feeling like I'm letting someone down even if I don't know them well—that just sort of gets on my conscience. But yeah, that's one of the times when I needed Him, and He showed up for me.

This year, I'm excited about...

A field trip that is coming up that's called "Biz-town" where we get to be an adult for a day and learn about jobs and professions. My assigned job is the "giving manager" who handles the fundraising for causes.

No one would ever guess...

Well, I have two things that no one would ever guess about me. Yes. I'm afraid of heights in some cases, but I actually went zip lining in Costa Rica with my dad and I'm never doing it again! But it was fun for the most part. And that Steve Irwin (the Australian animal expert) is one of my idols!

My silliest talent

I can speak in accents—and my British accent is the best! Also, I can come up with some funny stuff on the spot. That's something that I do normally.

Lately, God has been showing me...

How to handle drama with friends.

I admire

My mom, because she's a singer and she's really cool—which is probably a good compliment coming from a 12-year-old daughter!

My favorite story in the Bible...

The talking donkey story—because it's one of the funniest ones!

FAVORITES!

Color: Yellow
Song: "Seeing Blind" by Niall Horan
Movie: Angels in the Outfield
Book: Millie Maven series
Food: Cinnamon-sugar toast
Joke: Why couldn't the bicycle stand up by itself? It was two tired!
Thing To Wear: Hoodies and pants
Bible Verse: Proverbs 3:24-25
"When you lie down, you will not be afraid: when you lie down, your sleep will be sweet."

FUN if!

If I had a time machine, I would go back to when Jesus was alive and doing miracles

If I could make a new law/rule for the world, it would be not discriminating or mistreating anyone who is different, and no mistreatment of animals.

If someone made a movie about my life, it would be called...
In the Eyes of Music

If I could go anywhere in the world, I'd want to visit Australia!

5 FUN facts about ME!

1. I love animals.
2. I'm a very diligent student.
3. I play piano.
4. I play softball.
5. My favorite game is Nuke-em!



Betsy

FAVORITES!

Color: Blue and black and light purple
Song: "Give Thanks"
Movie: Frozen
Book: The Teeny-Weeny Unicorn's Great Big Wish by Shawn Harris
Food: Meatballs
Joke: Why did the chicken cross the road? To get to Chick-Fil-A!
Thing To Wear: Pants and a sparkly dress
Bible Verse: Psalm 23:1 "The Lord is my shepherd, I lack nothing."

5 FUN facts about ME!

1. I have short hair.
2. I love to rollerskate and rollerblade.
3. I love to paint.
4. I'm a really good soccer player.
5. I like to draw.

BETSY MACK, 7
Silly. Considerate. Kind.

My family

My mom sings songs, we like to play together.

Our pets

Boomer is our dog! He is really funny because sometimes he jumps and breathes in my face.

Favorite hobbies

I like drawing and jumping on the trampoline.

When I grow up

I want to be an art teacher.

I feel God's presence

In my dreams

This year, I'm excited about...

Going to Disney World!

Favorite Bible story

The story of John the Baptist

My silliest talent

I make good jokes!

Lately, God has been showing me...

He's been teaching me to not stop anything that's important.

Coollest thing I've ever seen

I saw a shark mouth with lots of teeth!

I admire

Jesus

FUN if!

If I had a time machine, I would go into the future when I am a teenager.

If I had a million dollars, I would buy A HUGE pillow!

If I could have a superpower, it would be Elsa powers (ice powers!)

If someone made a movie about my life, it would be called...

How to Live Your Life

If I could make a new law/rule for the world, it would be that

Anyone in your neighborhood who likes your pool can come use your pool!

EMORY JOANN, 7
Kind. Funny. Sweet.

My family

My mom is really tired sometimes and our dad is really fun! Eisele can teach us stuff. Mom is really sweet, and Betsy is really silly!

My hobbies

I love the trampoline and playing with Boomer.

When I grow up, I want to be...

Oh, that's an easy one! I want to be a mother that adopted her baby.

I feel God's presence...

When I'm sleeping, I feel Him close to me.

This year, I am excited about

Going to Disney World!

The last time I laughed really hard

When I was telling a story about my classmate accidentally calling our teacher "Daddy"!

My silliest talent

I can do some silly dance moves, like when I walk backward and look like a nutcracker!

Lately, God has been showing me...

He's been teaching me about stories in the Bible, like Jesus being born to save us!

Coollest things I've ever seen

Whales on TV or waterslides in the Bahamas!

I admire

Dad, because he can tickle so good, and he is a good daddy.

FAVORITES!

Color: Diet Coke color (dark ruby brown)
Song: "God Is with Us" by For King & Country and Mom!
Movie: Free Willy
Book: Life After Whale by Lynn Brunelle
Food: Hot dogs
Joke: Why was the strawberry nice? Because it was sweet!
Thing To Wear: Small woman pjs
Bible Verse: John 15:5

"I am the vine, and you are the branches."

FUN if!

If I had a time machine, I would go back to PreK 5's.

If I could have a superpower, it would be Super speed!

If I could make a new law/rule for the world, it would be

Listen to the government, and everyone has to wear pjs every day!

If someone made a movie about my life, it would be called...
Movie of Above

5 FUN facts about ME!

1. I like to make forts.
2. I like to go on the swings.
3. I like fresh air.
4. I like to go on trips.
5. I like Christmas.



Emory

What does it mean to be a sister?

Betsy: "It means to have someone to care with—and to play with."

Emory: "Un-loneliness."

Artwork by Emory

Betsy loves drawing unicorns!

"Hard to Wait for Christmas" photo shoot

Emory and Boomer

Pumpkin patch'in!

Emory drew Mom with Selah in her belly

Sister dancin' in the kitchen!

Emory prepping for basketball practice!

Sister Chat with Eisele

What's the best thing about having sisters? One of the best things about having sisters is probably the authority of being the oldest—being bossy! Haha! But it's also just really sweet to be able to grow up together as a team of sisters and learn from each other. They definitely help me grow in patience and in my ability to show empathy—and they bring me a lot of joy when we play together!

The most beautiful part of being an older sister is probably being a role model and being able to influence how they grow up, their personalities, and how they treat different situations. Yeah, that's a really beautiful part of it.

What's the most challenging thing about having sisters? One of the most challenging parts of having sisters, especially when they're twins, is when they team up on me! They are always agreeing with each other and disagreeing with ME; the twins are always on the same page! It can be incredibly annoying! The most major topic is usually ... drum roll please ... TV! I love "real life" movies with real people. But the girls are always wanting to watch *Bluey* and *Gabby's Dollhouse*!

What is most exciting about your baby sister coming soon? How will she change your family? Emory and Betsy will no longer be the youngest sisters, and they won't get as much attention as they are used to getting. They will have to learn how to be big sisters and share attention with the baby! I think having a baby sister here will bring a lot of light to our family dynamic and a lot

of fun, but there will also be austere moments, and we will all need to adjust some of our normal routines. **How would you describe your relationship with your sisters?** STRONG! We are always good at communicating together, even when we argue or fight about something. We always apologize and come back together and trust each other. We really care about each other a lot.

What do you admire about your sisters? Their maturity—for 7-year-old kindergarteners!

What are some ways you like to show your sisters that you care? Playing with them—I mean, I am a pretty cool sister to be playing Polly Pockets with 7-year-olds.

What's the silliest thing you argue about? There are billions of funny, weird things we fight about, including couch cushions, doll TVs and accessories, and basically everything we own.

What's a favorite memory you have with your sisters? When we were told that mom was pregnant. We were all really very surprised. I didn't see that coming. Mom was acting weird, but I didn't think of that option. When our parents told us, Emory fake-fainted and fell down on the ground, and I started screaming and crying and hugged Mom; Betsy was just being Betsy. That was a very memorable moment.



Performing our Christmas song* at the Grand Ole Opry!

Making Music

I like singing with my mom and I feel like it's easier to achieve musical goals because my parents are both musical. If I didn't have a popular singer as a mom I probably wouldn't have as many opportunities to learn and develop my own musical abilities and singing. We just have a lot of opportunities to learn and practice music all the time around our home! The hardest thing about my mom's career is that she is gone a lot; that is definitely the worst part.

I've gotten into musical theater a lot over the past few years, so that has been really fun! As for the future, I hope to continue getting better at singing and playing music and do more theater productions through my school and other local theaters.

-Eisele

*Our family Christmas song is called "Hard to Wait for Christmas" and is available on all music platforms!"



My sister

Judah and I love hiking together! Judah is disabled, and it can be hard for her to walk long distances on her own, so I carry her in a special backpack that lets us enjoy the trails. We love going hiking in Texas State Parks. Some of our favorites are Palo Duro Canyon, Copper Breaks, and Pedernales Falls! Enjoying God's creation with Judah on my back has given me memories to last a lifetime.

One thing we envision for the future is more inclusivity and accessibility, especially in the outdoors. One way we'd like to make a difference is to lead hikes that include other people with disabilities.

When we hike together, I carry Judah in a special pack on my back, which makes hiking more accessible for her. We would love to be able to lead hikes for people of varying abilities and accessibility needs to help make the outdoors more inclusive.

One change we want for our community is having more accessible city parks and playgrounds. We all love playing with our friends, but it is never fun to sit on the sidelines at a playground because the equipment does not meet your needs. Judah and I would love to work



Carried with Love

Sisters Gracie and Judah are super close, especially when they're hiking the great outdoors in their own unique way!

with our city council and school district to ensure playground surfaces and equipment allow everyone to connect with their peers and have fun.

God calls us to love and serve everyone, and part of that is ensuring everyone has access to God's creation. This means promoting accessibility by talking to family, friends, and teachers and even writing letters, petitions, or making posters; every small thing can help.

God created all people and abilities, and we can all do our part to help make God's creation more accessible and inclusive. Judah and I want to ensure that the outdoors belongs to everyone. Working on this is just one of the many things we love

doing together. I also love playing basketball with Judah and helping her practice for the Special Olympics! We practice shooting and dribbling and do a whole lot of giggling!

We are so thankful that God made us sisters!

Gracie, 16 and Judah, 11

it's a Sister Celebration!

SISTERS ARE THE PERFECT BEST FRIENDS, AND BEST FRIENDS MAKE PERFECT SISTERS!

Thank you for introducing all of your sisters and sister-friends to the **FOR GIRLS LIKE YOU** family! We're happy to meet you!

Lani is my little sister, and she is in kindergarten. She is very independent and kind and loves to do her own thing. Sometimes, she is in her own little world and says the funniest things. Lani loves dressing up in princess costumes or any kind of costume she can find. When she was born, I was so happy because I knew God sent me a best friend for life! Even though we don't always get along because we like different things, I remember that our differences were given by God, and that makes us both special. We both have curly hair and can speak Spanish, which is pretty cool! Lani loves to read, and I think she learned that from me because we both enjoy reading books together. We love riding our scooters around the neighborhood and doing our special "Boba Tea Sunday" tradition with Daddy. Shopping with Mami is always fun. Our weekend sleepovers with Gigi and trips to the bank with Abuelo to trade coins are some of my favorite things to do together! I also love going to México because we get to enjoy my mom's homeland together. Last summer, we had a special moment when we were flower girls in matching dresses which Gigi made for us for my parents' vow renewal. I miss when Lani was a baby because she was so cute and funny, but as she grows, I realize how many great memories and so many fun vacations we've shared. I hope she reads this one day when she grows up and knows how much I thank God every day for having her as my little sister. I Love You Forever Lani!



Gabrielle. 10

Faith. 16, Joy. 10, and Grace. 8

This is a picture of my sisters and me. When we took this photo, we were having a fun day at the park, celebrating our parents' wedding anniversary.

Thank you for letting me share my family with you! We all love **FOR GIRLS LIKE YOU!** Thanks for making our day!



My sister Amima is 4, and she is the best. She really is! She's nice and kind and a sweet person day and night. One thing about her is that she's very contagious and not the way you're probably thinking about! This is a different one. My sister is a bit too sweet—everyone she meets instantly likes her because of how kind, loving, and grateful she is. That's one thing I'll never change about her.



Amira. 9



Audrey, Hazel (top), Ellie (bottom), and Scarlett.

Scarlett. 12

My sisters are my best friends, and I know they are always there for me. We have made so many amazing memories together, like when we have sister sleepovers or play Barbies outside on the patio. I always look forward to seeing them in the morning, especially my youngest sister, who runs to give me a hug. I have the sweetest and funniest sisters in the world, and I am so happy that I am their one and only big sister.



Sarah Grace. 10

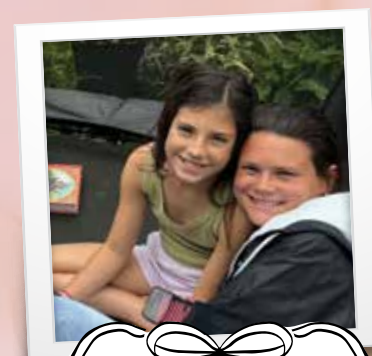
I have been blessed with an amazing younger brother since I was 2, but I always dreamed of having a sister. To my delight, I now have two sisters! My little sister, Susie, is almost 3 years old and my baby sister, Chaya, is 1. I feel so grateful that God has given me these sweet sisters!



Adalyn, 11

This is me and my older sister Alexa, 13 at school soccer practice.

I am on the middle school team, and she is on the varsity team. We get to practice together, and it is really fun. We both love soccer and enjoy being able to do it together. Alexa is really supportive of me. She often does soccer drills with me to help me improve my skills.



Capri, 11

My older sister is 24 years old, and her name is Hailey, but I call her Sissy. Sissy is the best because she's always there for me—she is very funny and sometimes a little too funny! I love how she treats me as if I were her child, and I love her cats, Dennis and Larry. She's shown me a lot of the early 2000s shows, and she always calls me Chontor, and she always does my hair, and we always do nails together, and we get Starbucks and Chipotle together. My family and I moved to Florida, but she stayed in Virginia with her husband Caleb. Her wedding was so much fun—she did a fun special dance with my dad, and I got to join the dance at the end, plus I was her flower girl. I would trade almost anything to have a fun day with her! She's there when I've had some rough times, like when we moved or when we lost our dog. I love that she always comforts me in any situation. I'm blessed to have her. She is a gift from God, and that's why I love my older sister.

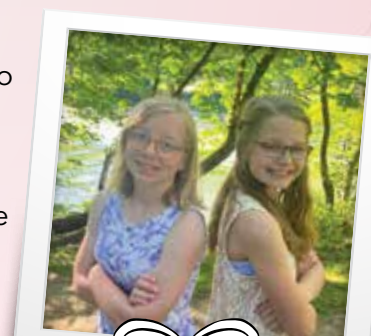


Olivia, 9

I am 9 years old, and my sister Isabelle is 5. We love spending time together, and one of the ways we like to do that is by going on fun trips. This photo is from Niagara Falls, Canada. Some reasons why I think she is the best: she is funny, thoughtful, fun to play with, and nobody could ever replace her. I made sister necklaces to remind us that we are always sisters forever.

My sister and I have so many fun (and funny) memories together! One of the funniest things we did when we were little was make up funny dances to get people to come to our lemonade stand, and our neighbor came over and saw us dancing! We were so embarrassed!

Some of our favorite things to do together are make fun handshakes, crafts, listen to music, and make stories together! We have many differences, but we love to hang out and do things together!



Carley, 11 and Mckenzie, 12



Esther, 9

My cousin Katherine is 3 years old, and we are both only children, so we truly love each other like siblings! This is a story I wrote for Katherine as a bedtime story when we were babysitting her. Katherine loves animals so I thought a jungle/animal theme would be a perfect story for her.

THE JUNGLE GIRL HELPS THE ANIMALS

Once there was a girl who loved to adventure in the jungle. She would swing like a monkey and climb as tall as a giraffe. Her name was, can you guess it? Yes, her name was Katherine. One bright morning, Katherine woke up and said, "Good morning, Jolene!" Jolene is the family dog. She then stepped out of her bed and walked to her cousin's room, and said, "Esther, WAKE UP!" Esther said, "Katherine, it is 8:30 in the morning." Katherine did not care about the time, but what she did care about were the animals in the jungle. She called Jojo, and Esther also got up from her bed, and they all ran to the jungle and looked for animals that were hurt. They came across a giraffe whose leg was hurting. Katherine ran over to it and said, "Oh, no, what happened?" She looked and said, "Oh, I know what to do." Katherine saw that the giraffe had a bruise and grabbed some special ointment to make the bruise heal faster. She then put a big bandage on the giraffe's leg and said to the giraffe, "You'll be good as new soon." She then said to Jolene and Esther, "All done, let's go play!" THE END!

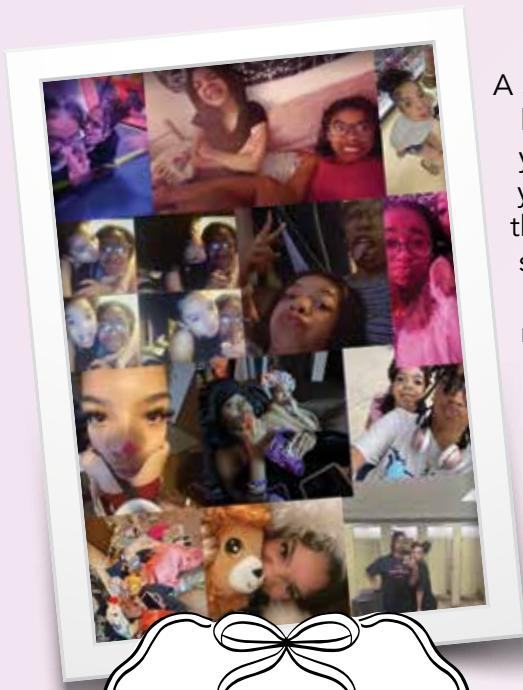
Grace: I enjoy playing with my sister, Mary. I enjoy snuggling my bunny and reading, practicing gymnastics and volleyball, and playing outside with my sister. Our last vacation was to Arizona. In Arizona, we played in a pool, which was very fun. I mostly just enjoy spending time with her. I am excited to be in this magazine!



Mary, 9 and Grace, 11

Mary: We like to pet our bunny and we like to play volleyball in our house and other sports outside. In February, we went to Arizona with our family. We went to the Grand Canyon. I also like swimming and playing video games with my sister, Grace. We also like to bike, play Legos, play market together and we're planning to do a lemondade stand this summer with our friend Audrey.





E'meree, 16

A sister is one of the nicest things you can have, and if you are sincere, honest, and kind, it's one of the best things you can be. Let me tell you about my bestie-sister-friend Destiny. Although I do have three younger blood-related sisters and of course, I love them very much, there is a significant age gap between us. Destiny and I are the exact same age. There is nothing like having a sister-friend who can relate to and understand the things we go through. When I need to share my heart and thoughts, she just "gets it" and when she needs to do the same, I "get it."

Destiny and I met through a ministry dance group called "Grow 'n' Grace." When I first joined, there was just something different when I saw my now-best sister-friend Destiny. I would see her at each of our meetings and I could picture myself being friends with her. Soon enough, we were inseparable.

Being a part of Grow 'n' Grace has provided us with opportunities to build a sisterhood not only with each other but also with other members of our group, as well as strengthen our relationship with God. We've always been there for each other, and no matter what, especially because we attend separate schools, nothing has or will stop us from continuing to strengthen our bond. Destiny will always and forever be my sister because I know that she will never leave my side, and I will never leave hers. I will forever thank God for Grow 'n' Grace. Not only for allowing me to find and grow a great friendship but also for developing a sisterhood that I will never forget. It was absolutely "destiny" that we met!



Evie, 13 and Selah, 11

Evie: My sister Selah is one of my favorite people in the world. She's super artsy, sweet, fun to be around, and is a really great companion in life.

We love to make videos, read, wrestle, and travel the world together. Out of all the people in my family, she

probably knows the most about me, and I trust her with my life. I'm so glad that God put her in my life.

Selah: Evie, my sister, is so funny. I love how she is so warm and welcoming. I enjoy laying in our beds at night and talking. It's fun to talk about books with her, even though she spoils! She's a good listener. We like trying and failing at doing each other's hair, and I like rolling at Jiu-Jitsu with her. I could never have a better older sister.

Hindley, 8



This picture is of me and my little sister, Emery. She is 6, and I am 8. In my drawing, she is carrying a purse because she loves purses. She is soooooo sweet to me.



Christina, 11



Us at Sunset Beach in 2024

Passion. We love doing late-night movies together, and our favorite movie is *Miracles From Heaven*. Abi is my fave sister because she is my only sister, and I love her and she loves me. I am looking forward to many more years of friendship with Abi as we grow older together!

We love to tell each other jokes and riddles. One of the jokes is: *What is as big as an elephant but does not weigh anything?* Its shadow!

One of the riddles is: *A boy walked up to a stand at the fair and said to the woman running the stand, "If I can write down your exact weight on a piece of paper, you have to give me \$50, but if I can't, then I have to give you \$50. In the end, the boy walked away with \$50. What did he write on the piece of paper?"*

YOUR EXACT WEIGHT!



I'm in the middle. Elese is on the right and Faith is on the left. and Elese is holding our cat Luna!

I have two sisters. Elese is 10, and Faith is 6. I love them both so much! The picture is of us in the Dominican Republic on Easter! We had so much fun! We loved swimming in the pool and ocean, seeing

how much we could eat at the buffets, and playing in the sand. We definitely had fun! My sisters and I love playing together—it's usually dress up and our sand pit—and going on trips, trying new things and adventuring. One thing we all share in common is we love flying! We all are SUPER excited when we leave for trips. Most of the time, we don't fly but we drive our camper van and camp, so we are lucky we even get to fly! We live in Montana, so we also get to ski a lot. We have all grown up skiing and are all really good. Though sometimes my sisters can be very annoying, we are all very close, and we love each other for our own special things and in our own special ways.

Elizabeth, 12



Elese and Faith and bonus!—my cousin grace

Lily, 13



I am in the elf sweater and my sister Kaylin is in the red and white sweater.

My sister's name is Kaylin, and she is 15. She is the best because she is kind, loving, and loves Jesus! One thing that makes her the best is her forgiveness.

She always forgives me when I am rude or unkind. Another reason she is the best is because she loves Jesus! She is always reading her Bible in the mornings, and you can always tell that she is a follower of Jesus because she is such a bright light! Kaylin is the best sister ever, and I would never let anyone take her away from me for a million dollars! I love you, Kaylin!



Nashan, 11 and Nasia, 11

My sister is the best because she is fun and energetic and loves to hang out together and read. We do almost everything together—go to school, ride bikes, read one of our favorite book series (*The Vanderbeekers*), crochet, draw, play volleyball, and many more. Since we are twins, it's also fun to see people try to tell us apart. Although we do not always get along, we both know that family is one of the most important things you'll ever need in life! We both say that our twin is one of our favorite people, and we'll always love each other.

Our Poems

Sisters are like planets
Though sometimes far apart
They are still connected.

Nashan is a nice twin
Awesome
Singing and dancing
Having tons of fun
Always a great sister
Never alone

Nasia is a nice twin
Amazing
Smiling
Imagining
Always here for you
I love my sister.



Reese, 11

I absolutely love being Quinn's older sister. Quinn is 7, and I love spending quality time with her through our school cheer squad. I have wanted a little sister from the very beginning. When I was 3, I prayed that she would be a girl, and I was sure that God would give me a sister. Every morning, I would come in and talk to her in my mom's belly. Even though we don't always get along, I am so glad that I have a sister.



Lily, 12 and Daisy, 8

Daisy holding a drawing of herself and her two sisters.

My drawing of my little sister, Daisy.



Eliana, 11

Eliana, Lina, and Gabbie.

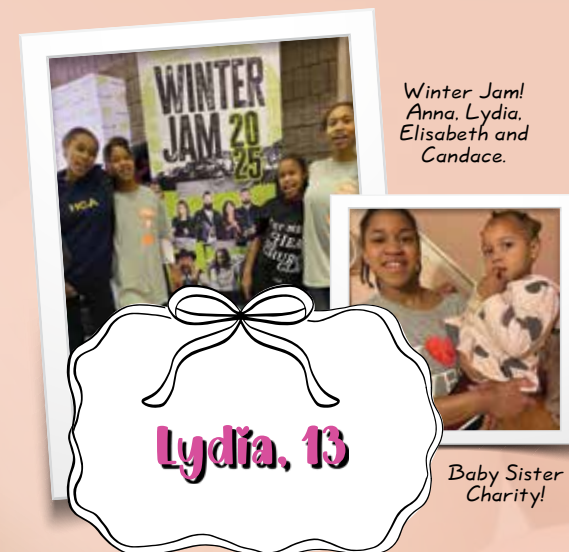
I have two amazing sisters named Gabbie, 9, and Lina, who is 1. Gabriella, or Gabbie, has been close to me ever since she was born since we are only two years apart. She is funny, sweet and sensitive. We love coming up with games to play. Lina is very cute, and I was surprised and overjoyed when she was born. She is adorable, and I love her always (even when she is screaming). I love cuddling with her and watching her grow and learn. My sisters are amazing, and I love having sisters that I can play with. A funny thing that my sister and I like to do is teach Lina new words. We say a word, and then, if she can, she will repeat it! We also like to dress Lina up in our old princess dresses. We also like to read! Lina sometimes will say "book" or "read," which means that she wants to cuddle on my lap and read. Gabbie will sometimes join us. Gabbie and I also like to play games outside. When we play inside, we play family and sometimes make Lina the baby. I think my sisters are the best!



Hailey, 12 and Amelia, 9

Amelia: My sister, Hailey, is the best because she always helps me when I fall. I think that God made sisters to pick each other up when we fall and help us know that someone really loves us when we think no one does. My favorite thing to do with my sister is to have sleepovers in my room. She always makes me laugh. My favorite memory with my sister was when we were little, and we would play Barbies together. I miss when she was not as busy so we could play together more. I love my sister so much. I drew this picture to make me remember that we will always be sisters.

Hailey: I love my sister Amelia so much because she will forever be my best friend, and she is always there for me! For example, sometimes, when I get back from a dance competition, she will make me a cute little medal or a card. In little ways like that she shows me her love. We also love to have sleepovers together on weekends, because we don't share a room. My sister still has both of the beds we used to share in her room because I got a new one when we moved a few years ago. She pushed them together to make one big bed! So whenever we don't have a lot going on, we like to both sleep on one of the beds and talk a bit before we go to sleep. She can make me laugh anytime, anywhere. I love it when she tells me funny stories before we fall asleep. I love my sister Amelia. Don't forget Jesus loves you, now and forever!



Lydia, 13

Winter Jam!
Anna, Lydia,
Elisabeth and
Candace.

Baby Sister
Charity!

I have four sisters: Charity is 3, Elisabeth is 11, Anna is 15, and Candace is 17. Charity and I make treats together. I style her hair, and she likes to brush my hair even when it's in braids. To me, she's messed it up when she does that, but to her, she's styling it! I love her! Elisabeth and I had a cheer showcase this year, and Elisabeth, Anna, Candace, and I go to a sewing class, and we're going to be in a pageant.

Drawing of my sister. Gracelyn in a field being sweet.



Gracelyn, 13 and Hillary, 9

My Sister

BY GRACELYN

My sister is smart, funny, and kind
She cares for others, time after time
She is slow to anger and quick to think
She loves washing dishes in the kitchen sink!
My sister is the best, and really playful too,
when dividing, she says, "some for me,
some for you."

She loves what is right and hates what is evil.
She is very quiet and causes no upheaval.

She has much sympathy
and really loves symphonies.

My sister is the best,
even when put to the test.
She loves like a mother,
and is never a bother.
My little sister is the best,
and that is not a jest.

My Sister Gracelyn

BY HILLARY

My sister is the best,
The best she could ever be.
I want you to know
that she is my sister!
She's funny, serious, and great
I really love my sister!
She always helps me,
She loves the Lord so much,
She's amazing,
So, Gracelyn is my sister!

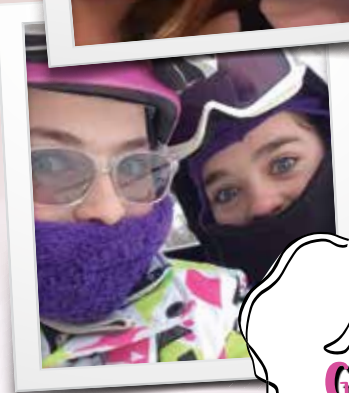
Olivia and Grace



Calling Erin!



Kenna and Livi



Grace, 13

I love FOR GIRLS LIKE YOU

magazine! Sadly, I have no sisters.

However, God has blessed me with many girls in my life who have been like sisters! Three of them are Erin, Olivia, and Kenna! Olivia is 13, Kenna is 11, and Erin is 17 years old! She is like an older sister to me! I love hanging out with them and all my other friends! I am so grateful for them! God has blessed me with so many sisters in Christ!

I do not
have a sister,
but I have a
friend who is
like a sister.
Her name
is Abby.
She got a
baby doll on
one of her

birthdays. I got a baby doll for my 9th birthday, so now we play with them all the time. At Bible School two years ago, Abby had a Reese's candy. She opened it and it was all melted. She said, "Gooney, gooney, mushy mushy mess!" and I'm still laughing about that! Oh, how we met is that my mom and dad knew Abby's mom and dad when we were born! We love to play, laugh and be silly together!

Rebekah, 10



faith SERVICE. FUN.

WITH AMERICAN HERITAGE GIRLS

FAITH. SERVICE. FUN.

BIG SISTER, LITTLE SISTER

"A friend loves at all times and a brother [or sister] is born for adversity."

PROVERBS 17:17 NKJV

Sister Snapshots

Here are just some of the many American Heritage Girl sisters who are living out their AHG adventures together!



Elizabeth, 9, and Emily, 7, are in Troop CA3234 in the Tenderheart Program this year. Here they are with their mom, Heather, at the Mother-Daughter Tea event to complete their Social Skills & Etiquette Badge.



AHG sisters Zoe (Explorer) and Olivia (Tenderheart) were delighted to welcome a new sister into their family this winter. Meet Baby Hannah Dean!



Sisters Alaina (Explorer) and Claire (Tenderheart) show off their handiwork for the Cake Decorating Badge. Earning badges is a piece of cake—and a whole lot of fun!



Sisters Eva and Rachel visited American Heritage Girls, Inc. Headquarters this year!



Sisters Jane (Explorer) and Marcy (Tenderheart), with their mom, Heidi, served at a local food resource center with their AHG Troop.

Faith, Service and Fun with Sisters

Sisters have always been a big part of American Heritage Girls—and now there's a new patch program to celebrate that. Introducing AHG's Big Sister-Little Sister Patch! Every AHG Girl Member is an older girl to someone, and this patch program provides a way to create interaction between Troop Units and allows girls to see just how much fun they can have with one another through leadership and mentoring. And you don't have to have a sister or be a sister to take part. In American Heritage Girls, everyone is a sister!



Here are some fun ideas that Big Sister/Little Sisters can do together!

ENCOURAGE—Write a note of encouragement or create a Scripture verse art piece for your Troop Big Sister/Little Sister. You can even create a word cloud of her positive attributes!

SERVE—Find an opportunity to do a service project together through a shared passion. Get creative and have FUN sharing God's love together with others!

CELEBRATE—Get to know your Troop Big Sister/Little Sister—her talents, birthday, goals—and celebrate special days that offer great opportunities to love on her!



Looking for a community of faith, service, and lots of fun—of girls 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!



COURAGEOUS girls

WITH TERRA MATTSON

DEAR
TERRA,

I love my sister, but I often feel like she's better than me. She gets all the attention, and I struggle with being okay with who God made me to be. Can you help?

LOVE, MADDIE, 10

PERSON TO PERSON

Say to wisdom, "You are my sisters," and call insight your intimate friend.

PROVERBS 7:4

It's easy to think: *she's better than me at everything!* Maybe she runs faster,

Your identity isn't based on how you measure up to someone else. You're already enough because you were created with love, purpose, and by God himself. You don't have to earn love or prove yourself worthy of it—you just are. Try flipping the script from *competing* to *celebrating*! When your sister wins an award or scores the winning goal, you can cheer her on without feeling left out. And when you do something amazing, she can cheer for you, too. There's enough space for both of you to shine in God's family.

Courage in Kindness

Being a Courageous Girl means having the *courage to be kind*—even when it's hard. That means using your words to say:

- "I'm proud of you" to your sister, even if you're feeling a little jealous.
- Asking for help when you're struggling instead of pretending you're fine.
- Celebrating your own unique strengths—like being a good friend, creative artist, or deep thinker.

Sisters Are Teammates, Not Rivals

Imagine being on the same team as your sister. You each have different roles, but you're working together toward the same goal—building each other up! That's what sisterhood is really about.

So next time the comparison game sneaks up on you, stop and say: "I celebrate *her*, and I celebrate *me* too." Because being sisters isn't about being the same. It's about being *together*. And everyone has a valuable place in God's family.

with love & prayers. Terra



Terra Mattson is a counselor, author and founder of **Courageous Girls**. To learn more about starting a Courageous Girls group with your mom (or caretaker), check out mycourageousgirls.com or read the book, *Courageous: Being Daughters Rooted in Grace*.



STEM girls

SCIENCE FUN WITH THE DENTON DUO

Lydia and Bethany

BALANCING ACTS

The Power of Sisters and Science

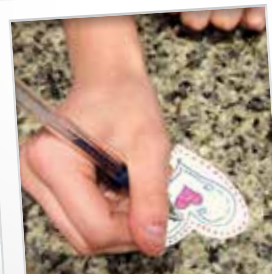
"As iron sharpens iron, so one person sharpens another."

PROVERBS 27:17

In life, as in physics, balance is essential. Newton's Third Law states that for every action, there is an equal and opposite reaction. This force-pair relationship helps objects stay balanced, much like how sisters can complement each other with their unique strengths. One sister may be creative while the other is logical, or one may be bold while the other is thoughtful. Together, they create a perfect equilibrium.

FINDING BALANCE

Ecclesiastes 4:9-10 reminds us, "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up." Just as forces work together to create balance in nature, sisters (by blood or heart) lift one another, bringing stability and strength.



LET'S EXPLORE

You can explore the beauty of balance by making a simple balance toy using wooden skewers and clay.

1. Cut a heart shape from stiff paper (cereal boxes or cardstock works well).
2. Attach two skewers to the heart shape so the skewer extends below the heart.
3. At the end of the skewer, place a small ball of clay.

You should be able to balance the heart on the point at the bottom (it is sometimes helpful to tape a toothpick to give you a good balance point). Watch as the forces distribute evenly, demonstrating how equal and opposite reactions create an equilibrium. You can buy this sort of toy in the toy store. Often, it is in the shape of a bird. You demonstrate a stable equilibrium when you create something that can balance, even when wobbled. The toy's design ensures its center of mass is directly below the support point, keeping it stable even when tilted slightly.



TAKE IT FURTHER

Can you think of another shape you want to try to balance? We have made balancing butterflies, which were really fun to color! For the mass, instead of using clay, what if you used coins or small bolts? What happens to the balance toy if you use a massive ball of clay? A small one? No clay at all? We'd love to see some of your experiments at home!

Like this balance toy, our differences make us stronger together. By embracing the forces at work in science and relationships, we see that balance isn't about sameness—it's about working together to create something steady, beautiful, and full of love.

SISTER PORTRAIT PAINTING PARTY

A painting party for sisters, full of giggles, love, and colorful memories!

Get ready for a creative adventure that's all about sisterhood! In this fun activity, you and your sister (or friend!) will sit across from each other, grab your paintbrushes, and create surprise portraits—without showing each other until the very end.

You don't have to be a perfect artist—this is about laughing, loving, and spending time together.



SUPPLIES

2 Canvases, Thick Paper or Cardboard, Acrylic Paints, Paintbrushes, Cups of Water, Paper Towels, Aprons or Old Shirts, Sister or Bestie—and your Biggest Smile!

1.



Sit across from each other with your paint and canvas in front of you. No peeking!

2.



Start painting your sister's portrait—real or silly, it's all about having fun.

3.



Add fun details like stars, hearts, glasses, crowns—whatever makes her her.

4.



Big reveal! When you're both done, turn your canvases around at the same time.

5.



Laugh, hug, and maybe even frame your masterpieces!



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*!

Scripture sisters

Can you match these sisters of the Bible to their family members? Then match the Bible verses that tell their stories and learn more about these remarkable women!

1. Mary and Martha

2. Leah and Rachel

3. Mahlah, Noa, Hoglah, Micah, Tirzah

4. Miriam

5. Abigail

father, Zelophehad

brother David

brother Moses

husband Jacob

brother Lazarus

Numbers 27:1-11

I Chronicles 2:16

Numbers 12:1-15

Luke 10:38-42

Genesis 29 & 30

I Know You So Well!

Play this game with your sister or a whole bunch of sisters and friends. See how much you know about each other. Print out these questions (and make up some of your own!) and have everyone who is playing fill out their answers. Then, pair up with someone and see how many questions about the other person you get right!

What is my middle name?

What is my favorite dessert?

What is my favorite color?

What is my favorite animal?

What am I scared of?

What makes me laugh?

What am I really good at?

What is my favorite movie?

Where would I most like to travel to?

Who is my favorite person in the Bible?

Sistergram

Unscramble each word to discover a secret sister quote!

NI HET OSCOIE

FO ELFI,

TRESSIS EAR

ETH LOOCHCTA

PHICS!

SISTERGRAM ANSWER: "In the cookies of life, sisters are the chocolate chips!"
ANSWERS TO SCRIPTURE SISTERS: 1. brother Lazarus, Luke 10:38-42, 2. husband Jacob, Genesis 29 & 30, 3. father, Zelophehad, Numbers 27:1-11, 4. brother Moses, Numbers 12:1-15, 5. brother David, I Chronicles 2:16



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