

The background of the cover is a vibrant teal color, decorated with white starburst patterns. Several hands of different skin tones are shown holding hands in a circle. The hands are wearing various accessories: a blue watch, a pink ring, a gold ring, a blue ring, and a white ring. The hands are positioned around the central text. The background also features colorful patterns: a yellow pattern with blue circles, a red pattern with white floral motifs, a purple pattern with yellow stripes, and an orange pattern with blue and green floral motifs.

# *Truly You*

90 Devotions on Faith,  
Feelings, and Friends  
for Teen Girls

Sarah Humphrey

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*Truly You: 90 Devotions on Faith, Feelings, and Friends for Teen Girls*  
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Dedicated to my daughters, Ella and Lucy.  
May you always be truly you, in every way God fashioned you.

## Dear Reader,

Real life can be difficult to fit into the tightly constructed boxes that society has shaped for females no matter our hopes, talents, or gifts. What we see in magazines and on social media gives us glimpses into what we seemingly *should* aspire to be. Sadly, the airbrushed images don't leave much room to process actual feelings, discover guidance toward true answers, and find ourselves without getting into trouble.

Every young woman wants to be known, to be understood, and to belong. That's God's nature in all of us, from baby to granny. We are feelers and creators, and yet we need truth and security to bloom. Where we look for answers can have profound effects on how our hearts beat, what our future looks like, and if our goals become reality. While every girl may not have the same dreams, every girl desires to be loved. It's in our DNA because we are God's beloved.

Topics like identity, fear, grief, and friendship can be tough to talk about. It's not necessarily easy to become a woman! Together we'll wrestle with these themes with honest questions and prayer. When we talk to God, our perspective can be transformed. As followers of Jesus, his Spirit lives in us and his Word directs us.

Through this ninety-day journey, I hope your understanding of God's presence is made real in new ways. After every reading, you'll notice a verse and a prompt to speak, doodle, and write along with a dot journal page. This is your invitation to interact with God's Word.

Speaking and praying the Bible out loud is a great way to memorize truth. If you do, I know you will find good opportunities to search out God's plans for you.

Or perhaps you're an artist and would prefer to draw or doodle about what a verse means to you. Or maybe you simply talk to God in your journal.

I hope you find peace in God, fresh love for the Scriptures, and discover new things about yourself as you work through this book. I am glad I get to walk with you as you add wisdom and joy to your already blooming, beautiful life.

Enjoy the journey,  
Sarah

# Contents

Day 1:	Live Simply <i>Psalm 19:7</i>	12
Day 2:	Clean Space <i>Psalm 51:10</i>	14
Day 3:	Coffee Date with God <i>Psalm 46:10</i>	16
Day 4:	God's Creation <i>Habakkuk 3:4</i>	18
Day 5:	Precious to God <i>1 Peter 3:4</i>	20
Day 6:	Moving with Him <i>Acts 17:28</i>	22
Day 7:	There Is Hope <i>Psalm 139:13–14</i>	24
Day 8:	Journaling Well <i>Psalm 55:22</i>	26
Day 9:	Doodle Your Day <i>Romans 12:12</i>	28
Day 10:	New Creation <i>2 Corinthians 5:17</i>	30
Day 11:	You Are Loved <i>Zephaniah 3:17</i>	32
Day 12:	Don't Quit <i>Hebrews 12:1</i>	34
Day 13:	Identity for You <i>Philippians 1:6</i>	36
Day 14:	Friendship for Good <i>Proverbs 27:9</i>	38
Day 15:	Social Media Woes <i>Deuteronomy 30:19–20</i>	40
Day 16:	Forgiving Others <i>Matthew 6:14</i>	42
Day 17:	Jealous Eyes <i>Proverbs 14:30</i>	44
Day 18:	Boundaries for Good <i>Galatians 5:13</i>	46
Day 19:	Slow Down <i>Proverbs 4:26</i>	48
Day 20:	Decisions, Decisions <i>Proverbs 3:5–6</i>	50
Day 21:	Comparison Battles <i>James 4:8</i>	52
Day 22:	Competition Fails <i>2 Timothy 2:5</i>	54
Day 23:	Seen and Heard <i>Psalm 17:6</i>	56
Day 24:	Friendship Changes <i>Proverbs 17:17</i>	58
Day 25:	Candid Conversations <i>Proverbs 27:17</i>	60
Day 26:	Letting Go in Friendship <i>Proverbs 12:26</i>	62

Day 27:	What Do You Mean? <i>Colossians 4:6</i>	64
Day 28:	Wait a Minute <i>Psalms 31:15</i>	66
Day 29:	Working for the Lord <i>Colossians 3:23</i>	68
Day 30:	Live Fully <i>John 15:16</i>	70
Day 31:	Expectation Troubles <i>Isaiah 55:8–9</i>	72
Day 32:	Think on These Things <i>Philippians 4:8</i>	74
Day 33:	Quality over Quantity <i>Philippians 1:9–10</i>	76
Day 34:	He's Cute <i>Psalms 37:4</i>	78
Day 35:	Needs of the Heart <i>Matthew 6:33</i>	80
Day 36:	Speak Up <i>Job 33:3</i>	82
Day 37:	It's a Date <i>Ephesians 6:2–3</i>	84
Day 38:	It's Official <i>Psalms 16:6</i>	86
Day 39:	Breathe and Pray <i>1 Peter 5:7</i>	88
Day 40:	Healthy Choices Win <i>1 Corinthians 10:31</i>	90
Day 41:	Be Kind to Yourself <i>Romans 2:4</i>	92
Day 42:	Honesty Brings Connection <i>Matthew 18:20</i>	94
Day 43:	Will You Still Love Me? <i>Lamentations 3:22–23</i>	96
Day 44:	Which Path? <i>Psalms 119:105</i>	98
Day 45:	Hormone Messages <i>Genesis 1:27</i>	100
Day 46:	Do Not Be Afraid <i>Joshua 1:9</i>	102
Day 47:	Fear of Missing Out <i>Hebrews 13:8</i>	104
Day 48:	Ask for Help <i>Hebrews 10:24–25</i>	106
Day 49:	Burnt Out? <i>Matthew 11:28–30</i>	108
Day 50:	Nothing Is Impossible <i>Luke 1:30</i>	110
Day 51:	Respect Elders <i>1 Peter 5:5</i>	112
Day 52:	Mentoring Guides <i>1 Corinthians 11:1</i>	114
Day 53:	Speaking Well <i>Luke 6:45</i>	116
Day 54:	Goals and Dreams <i>Ephesians 3:20–21</i>	118
Day 55:	Sibling Love <i>Romans 7:4</i>	120
Day 56:	Sleeping Sorrows <i>Psalms 121:3–4</i>	122
Day 57:	No One Better <i>Isaiah 40:25</i>	124
Day 58:	Be a Peacemaker <i>Matthew 5:9</i>	126
Day 59:	Comfort Matters <i>2 Corinthians 1:3</i>	128

Day 60:	Chosen with Style <i>Colossians 3:12</i>	130
Day 61:	Diligence Is Good <i>2 Peter 3:14</i>	132
Day 62:	God Is Faithful <i>2 Timothy 1:7</i>	134
Day 63:	Grief Heals <i>John 16:33</i>	136
Day 64:	Help My Unbelief <i>Mark 9:24</i>	138
Day 65:	Joy of the Lord <i>Nehemiah 8:10</i>	140
Day 66:	Serve the Little Ones <i>Luke 18:16</i>	142
Day 67:	Kindness Wins <i>Proverbs 16:24</i>	144
Day 68:	Be Real <i>Song of Songs 4:7</i>	146
Day 69:	Be an Example <i>Proverbs 4:18</i>	148
Day 70:	Do What's Right <i>1 Peter 3:14</i>	150
Day 71:	A Season for Everything <i>Ecclesiastes 3:1</i>	152
Day 72:	Content in Jesus <i>1 Timothy 6:6</i>	154
Day 73:	Silly Sometimes <i>Luke 6:21</i>	156
Day 74:	Love Boundaries <i>Proverbs 16:32</i>	158
Day 75:	The Shame Game <i>Psalms 22:4–5</i>	160
Day 76:	Learning Differently <i>Genesis 1:27</i>	162
Day 77:	Detox <i>Psalms 51:7</i>	164
Day 78:	Worthiness in Christ <i>Hebrews 10:35–36</i>	166
Day 79:	Sadness Seasons <i>Psalms 30:11</i>	168
Day 80:	Integrity Satisfies <i>1 Timothy 4:12</i>	170
Day 81:	Garden Growing <i>Genesis 2:8</i>	172
Day 82:	I AM <i>Exodus 3:14</i>	174
Day 83:	Hope Heals <i>Proverbs 13:12</i>	176
Day 84:	Bite Your Tongue <i>Proverbs 18:21</i>	178
Day 85:	Think of Others <i>Philippians 2:3–5</i>	180
Day 86:	Be Kind to Your Parents <i>Ephesians 4:32</i>	182
Day 87:	Honor Your Body <i>1 Corinthians 6:19–20</i>	184
Day 88:	Love Carefully <i>1 Corinthians 13:1</i>	186
Day 89:	Be You <i>Ephesians 1:4–6</i>	188
Day 90:	Be Well <i>Colossians 2:6–7</i>	190



DAY 1

# Live Simply

The world will tell you to buy more, be more, do more . . .

I am here to tell you the opposite. Staying up on trends is often unsatisfying. Busy is not necessarily better. It's sometimes exhausting. Hustle isn't the formula for success. More is often not even fulfilling! We do need to live, and move, and explore, yes. It's easy to get sluggish if we don't keep moving, but we can also get overwhelmed if we carry too much.

My best solution to this high-tech and fast-paced life is learning how to be present, live simply, and then give practically. This has brought me joy, peace, and progress.

The first step to living well is to be still in God's presence and then let him show you how loved you are. Take ten minutes to look up and read Scripture passages about who God made you to be and how much he cares.

You can know who you are because you are God's child, and the Bible gives you a clear idea at what a life in God is like. With God's vision of you in mind, you're equipped to choose what you really love, and let the rest fall away. You can squish depression and anxiety by knowing you don't have to have everything and be everything in order to be loved. That means you can minimize your materials and schedule so that you can maximize your life, your real friendships, and your gifts.\*

When you start small and authentic, God will nourish you in the process. You won't regret it!

\* Sometimes when anxiety and depression hang on longer than we'd like, we need more than a few strategies to help. If this is you, please talk to a parent, school counselor, or other trusted adult to find additional help.

**Speak it. Doodle it. Write it out.**

The law of the LORD is perfect, refreshing the soul. The statutes  
of the Lord are trustworthy, making wise the simple.

—Psalm 19:7

A large grid of 20 columns and 20 rows of small dots, intended for doodling or writing.

**Say a prayer.**

*Jesus, I want to live a life that honors you and who you've created me to be. Help me put away distractions and engage fully in all that you have for me. I love you. Amen.*



DAY 2

# Clean Space

When I cuddle up with a good devotional, I love a clean space! I'm not sure about you, but when my surroundings are full of yesterday's unfinished chores, I get a little irritable.

Did you know science proves that clutter actually creates anxiety? Decluttering and freshening up help make order in our living spaces and in our hearts. And that clear environment gives us balance and clarity to dig deep with God while also getting cozy in our surroundings. It's nice to know that we have open space to breathe if we run into big feelings we need to work through.

If you've ever watched a flower bloom, a butterfly metamorphose, or a ballerina dance, you'll notice she transforms from the inside out. While the petals are wrapped around the seeds, or the cocoon is dark, or the dancer is breathing, I like to think she is preparing for her new adventure. So, as I get ready to spend significant time with God—I clean. It helps me get ready to hear him clearly!

Take ten minutes today to declutter your space. What are a few things you can get rid of that you don't need? Any trash lying around? Do your clothes need to be put away? What can you do at this moment to make room in your space so that you are ready to dive into God's Word? Taking a few minutes to let go of some physical things can also help you release some of the emotional clutter. All of which makes more room in your heart for God.

**Speak it. Doodle it. Write it out.**

Create a clean heart for me, God; put a new, faithful spirit deep inside me!  
—Psalm 51:10 CEB



**Say a prayer.**

*God, you love to spend time with me, and I want to learn how to spend time with you! Help me clear the clutter in my life, so I can be ready to dive deep with you. I want to hear your thoughts and learn from your Word. Amen.*



DAY 3

# Coffee Date with God

Where do you feel most safe and happy? Maybe a comfy coffee shop? Perhaps the warm vibe and the smell of java feels like home. Or maybe you prefer a certain spot in the woods. Or a nook in your grandma's house.

Take time today to find a quiet, safe place to cozy up with a hot drink and a blanket. Then ask God to purposefully show himself to you. Often it's in these simple, small moments that we can hear God speak to us most clearly.

When we intentionally quiet ourselves and set our heart to listening, we give him room to speak so we can engage in his desires for us. It's really that simple. Pause and listen. He has good plans for you! Then, share your feelings with him. He cares about your details. Allow him to give you peace and joy in the conversation. Open your Bible and read through a psalm or two. If you get distracted, that's okay. Write down the distraction and go back to focusing on God. Enjoy learning the art of quieting your thoughts and listening for his thoughts. It might feel a little awkward at first, but as you go through this devotional, you'll start to see the beauty of waiting on Jesus. There's no better place to refresh than to have a coffee date with God.

**Speak it. Doodle it. Write it out.**

Be still, and know that I am God!  
—Psalm 46:10 NLT

A large grid of 20 columns and 20 rows of small dots, intended for doodling or writing.

**Say a prayer.**

*Jesus, I want to learn how to listen in stillness. Will you show me how to read your Word and speak my thoughts honestly? Even though you know my needs before I say them, I want to practice sharing with you on purpose. Amen.*



DAY 4

# God's Creation

Sometimes we need some sunshine, a flower, or another part of God's creation to refresh us. Fluorescent lights above us and screens in our faces can make us feel anxious and uneasy. Go outside today and spend some time in nature to break up the glaring flow of electronics! If it's nice outdoors, take a walk with a friend. If it's cold, sit on the porch for a few minutes and embrace the chill. Feel the coolness in your bones, and exhale warm air into the wind. If it's hot, take a dip at the local pool or park. Relish in the sun shining peacefully on your face while filling you with nourishment and nutrients. Who doesn't love some vitamin D?

In a world of computers and phones, we need God's creation. It's good to take the time to enjoy a few minutes to breathe fresh air, to nourish our souls with nature, and to live in the beauty that God designed. Find something in nature that matches your favorite color. Go look in the clouds for hidden shapes and beauty. Smell a flower or a plant nearby.

What are some of your favorite ways to enjoy the outdoors? How does God speak to you through nature? What is your favorite season of the year and why?

**Speak it. Doodle it. Write it out.**

His coming is as brilliant as the sunrise.  
—Habakkuk 3:4 NLT



**Say a prayer.**

*God, thank you for creating this beautiful world! It helps to know how small I am and how big you are. Thank you for fresh air to breathe, for the beauty of trees, for the sun in the sky, and even for the rain. Amen.*



DAY 5

# Precious to God

Ever had a day when you looked in the mirror and just felt “blah”? We often measure our mood by what we think we see in our reflection. And you know what? Society isn’t helpful in this area. We feel the pressure of measuring our worth against the face we see in the mirror, the number we see on a scale, or the way our clothes fit.

Unfortunately, this is a result of the curse of Eve. Her basic problem was believing the lie that what God had given her was not enough. Like Eve, we search to feel loved and accepted, to have or be more, and we often go straight to our appearance.

We look at our face and shame ourselves, wanting better eyelashes or a different nose. Maybe clearer skin or thicker hair. But no matter what you think is beautiful on the outside, it never compares with the beauty of a quiet spirit. Don’t believe me? Check out one of my favorite Scriptures, and one that I dig deep to relish in every day. First Peter 3:4 says, “You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God” (NLT).

Precious to God. That’s who you are.

So, the next time you look in the mirror, look to God and say, “Thank you for making me beautiful in your sight.” Make it a habit until you believe it.

## Speak it. Doodle it. Write it out.

You should clothe yourselves instead with the beauty that comes from within,  
the unfading beauty of a gentle and quiet spirit, which is so precious to God.

—1 Peter 3:4 NLT

A large grid of small dots arranged in 20 rows and 20 columns, intended for doodling or writing.

## Say a prayer.

*God, thank you for creating me. Thank you for this body that you have made. Though I can look around and compare myself to others, I pray that you would do a deep work in my heart so I can fully love myself just as you've made me. Amen.*



DAY 6

# Moving with Him

**P**art of loving ourselves definitely means moving our bodies! There have been many days when I've woken up a little bit grumpy, or irritable, or simply not my best. Sometimes we get that stuck feeling that doesn't easily go away. It's kind of like being moody but also like feeling frustrated, and everyone around us seems to be not what we need at the moment.

You know what can often help that? A walk or a jog, a little time with a jump rope or an hour at the ballet barre. Moving our God-given bodies not only can help us fight emotional unsettledness, but it also can fill us with happiness and purpose. When I get out of my slump and put my body in motion, I usually find plenty of good ideas, productivity, and energy.

What's true for our physical bodies is true for our faith too. Scripture tells us that God lives in us, but "faith by itself isn't enough" (James 2:17 NLT). Just like when we don't exercise, if we don't work on our faith in Jesus, we can be stuck in our dead, grumpy, depressed, or anxious ways. But when we set ourselves in motion, making the conscious choice to move with God, we change the whole course of our day. We can set aside our old feelings and tangled thoughts and engage with the discipline and love of the God who makes us come alive.

**Speak it. Doodle it. Write it out.**

For in him we live and move and exist. As some of your own poets have said, “We are his offspring.”

—Acts 17:28 NLT

A large grid of small dots arranged in approximately 20 rows and 30 columns, intended for doodling or writing.

**Say a prayer.**

*God, thank you for giving me new life in you. Even when I'm not feeling motivated, help me to move with you and to change my mindset by honoring my body. I want to be healthy, whole, and alive in you. Amen.*



## *Become your best self when you discover who God says you are!*

Figuring out faith, feelings, and friends can get overwhelming. Especially as a teen girl in a world of social media, school, and comparison. That's why Sarah Humphrey is here to come alongside you, like the encouraging big sister you always wished you had. Her uplifting devotions will help you to

- grow in your God-given identity,
- understand God's heart for you in a messy world,
- make good decisions in the middle of challenging circumstances,
- and be encouraged to seek out a genuine friend or two!

Each daily reading focuses on a truth from the Bible, with time for prayer and prompts to speak it, doodle it, or write it out. Be inspired to create new habits that will help God's Word stick!



Sarah Humphrey is a homeschool mom, author, and voice actor reaching both young readers and adults with her books. This devotional is part of the God Hears Her collection of resources that help women grasp the depth of God's loving care for them.

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**GOD HEARS HER.**



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