



Shine Your Light for Jesus

52 HEART-TO-HEART
DEVOTIONS FOR
♡ GIRLS ♡

Whitney & Westleigh

WITH KARIANNE WOOD

Whitney & Westleigh

Shine
Your Light
for Jesus



HARVEST HOUSE PUBLISHERS
EUGENE, OREGON

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Published in association with William K. Jensen Literary Agency, 119 Bampton Court, Eugene, Oregon 97404.

Cover design and hand lettering by Emily Weigel / Emily Weigel Design

Interior design by KUHN Design Group

Back cover author photo by Kenna Lynn Photo

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Shine Your Light for Jesus

Copyright © 2022 by KariAnne Wood, Whitney Wood, and Westleigh Wood

Published by Harvest House Publishers

Eugene, Oregon 97408

www.harvesthousepublishers.com

ISBN 978-0-7369-7410-3 (pbk.)

ISBN 978-0-7369-7411-0 (eBook)

Library of Congress Control Number: 2021943717

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Printed in the United States of America

FOR DAD

The one who is always there to selflessly serve.

The one who will run out in an ice storm to provide for our family.

The one who is peaceful in loud family dinners.

The one who leads us back to God.

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INTRODUCTION

Hi, new friend!

I'm Westleigh—the older sister. I enjoy journaling, watching romantic comedies, shopping at Target, and having sweet conversations with girls about God.

And I'm Whitney—the younger sister, but only by a minute! I love spending time with my family and friends, dancing in my kitchen, and baking chocolate chip cookies!

Together, we wrote this devotional just for you.

Are you looking to grow in your relationship with God? Do you struggle in your relationships with friends and family?

We want to help!

We love Jesus so much, and he has used these Scriptures to help us in our lives, so we want to encourage you by sharing our heart.

Just remember:

If you are struggling?

If life seems a little hard sometimes?

If you get overwhelmed?

Jesus. Loves. You.

1

SHINE YOUR
LIGHT TO YOUR
FAMILY

*God, create a clean heart for me
and renew a steadfast spirit within me.*

PSALM 51:10 CSB

WESTLEIGH SAYS...

I love to clean my room.
Is that weird?
What about you?

Do you clean your room right away or wait for your mom to ask you?

It's not that I'm a type A person, but I do like the space around me to be clean so I can get all the things done I want to do. It helps me focus on what's important. A clean room makes me a more productive person.

It's easy to make excuses if my room isn't clean.

For example, if I need to start my homework for the day, but there's a pile of clean clothes sitting on my bed that need to be folded, it can be a distraction. If I don't fold them right away, I can't focus on my homework. So I take five minutes and put everything away. Now there's a clean slate for the rest of my tasks.

Just like the laundry, sometimes we can so easily get overwhelmed by the little or big mountains in front of us. But God tells us there is always a new day to create a fresh slate (and a clean room). It's just like Lamentations 3:22-23 says, "The steadfast love of the Lord never ceases; his mercies never come

to an end; they are new every morning; great is your faithfulness" (ESV).

His mercies are new when?

Every morning! So when you've had a bad day and you got in a fight with your brother or sister, you get to try again to be kind and work it out the next day. Or if you've been putting off cleaning up your space? Our God loves us so much, he forgives us. When I'm stressed-out, I like to reflect back on this verse and be reminded that the Lord is so good and can give me a restart so I can look like him more today. So if you've been putting off something you didn't want to do (like cleaning your room)?

Today is a new day.

LORD,

Help me remember that you still love me even when I am a mess. Help me accept every day as a new blessing and a clean start to try to be like you. Lead me to be a better sister and godly daughter today.

AMEN.

Do not withhold good from those who deserve it when it's in your power to help them.

PROVERBS 3:27

WHITNEY SAYS...

My mom is a complimenter.

She's always making other people feel special by noticing nice things about them.

One day we were talking about compliments, and she said something that made me think: "Complimenting others gives me so much joy. Why would I withhold a compliment from someone when it might make them happy?"

She's right.

God shows us in Proverbs that we shouldn't withhold good from others. I believe he wants to encourage us to compliment others.

Could you add compliments to your day? Maybe your sister got a new shirt and you think it is cute. Why not tell her?

Compliments are worth sharing.

Just like our gifts and talents.

God doesn't want us to keep the gifts he has given us to ourselves; he wants us to share them. I believe God also encourages us to use our talents and abilities to serve others.

God has truly blessed me with people in my life who can help me. For example, a friend of mine who is a few years older

than me has helped me tremendously with dance. She has worked with me when I struggled and showed me the skills I needed to succeed with my dance tryouts.

She knows so much more about dance than I do, but she didn't withhold her dance ability from me. Instead, she used her gifts to help me grow as a dancer, just like God instructs us to do.

I want to encourage you to do the same for others. It may be through a sporting ability, something you are good at, or simply holding the door for someone.

You and I can use our talents to help our families in some way.

What abilities do you have?

Who can you help today? Who can you encourage today?

DEAR GOD,

Thank you for the good news of Jesus dying on the cross for my sins. Will you help me to keep my eyes open to opportunities to help my family? Thank you for being right there with me wherever I go. Thank you that I don't have to do the things you ask me to alone. Will you give me the strength to help those in my life who need it? Thank you, God. In your awesome name I pray,

AMEN.

*Listen, my son, to your father's instruction,
and don't reject your mother's teaching,
for they will be a garland of favor on your
head and pendants around your neck.*

PROVERBS 1:8-9 CSB

WESTLEIGH SAYS...

How do you get along with your parents?

Do you talk to them?

Do you let them know how your life is going?

They want to be there for you.

It's so important to build a relationship of trust and good communication with your parents.

Why?

You are going to need them.

As you get older and become a teenager, there will be many things you will have to navigate with your parents. There's going to be a lot to talk about, like relationships, curfews, drivers ed, friend choices, and so much more.

You are going to have to have difficult conversations with them.

It's not going to be easy sometimes to let them know what you are feeling, but it's so important to keep that communication open.

Here's the thing.

Your parents are so much wiser than you think.

And even though they may tell you no when you really want to hear yes—like when you want to do something they see as questionable—they care.

They care about you *so* much.

All your parents want is for you to be happy and safe. Now as a teenager, there have been several times that my parents have stood firm and told me no. For example, one night I wanted to go to a party with my friends at a girl's house I didn't really know.

I was so excited and ready to go when my parents looked at each other (*you know—with that hesitant, not-that-fun look*) and said they thought I should stay home that night.

At the moment I was sad and didn't completely understand why they were asking me to do something I didn't want to do. But later I realized that it was the right decision, and they kept me safe.

Pay attention to the lessons your dad teaches you and the lectures your mom gives you.

God has them there to equip you and help you follow him. What can you do to honor your parents today?

DEAR GOD,

Thank you for blessing me with amazing parents. Thank you for reminding me to listen to them. Help me to listen well today and, most importantly, look to you for guidance.

AMEN.

*Long ago the LORD said to Israel:
"I have loved you, my people, with
an everlasting love. With unfailing
love I have drawn you to myself."*

JEREMIAH 31:3

WHITNEY SAYS...

The other day, my mother got upset with me for not cleaning my room.

She reminded me and reminded me and reminded me.

But I got busy and worked on other things I thought were more important.

And my room stayed dirty.

When she walked in and saw my clothes all over the floor and my homework and books in my chair, she was so frustrated.

I felt terrible that I forgot.

I cleaned it up, but I still felt sad and worried she was still mad at me.

And then?

We talked, and she hugged me and told me she loved me.

I'm so happy that my mom loves me even when I forget to clean my room.

That's just like our relationship with God.

Do you believe God loves you?

I mean, not just like a little.

A lot.

Even when we mess up, even when we make poor choices like not cleaning our rooms, God still loves us. (*Our moms do too.*)

I remember in middle school when I started to read my Bible and pray to God. It helped me truly understand how much he loved me.

Do you ever get frustrated when you mess up?

I know I do.

Many people who start to follow Christ hesitate to accept his love because it's hard to believe that a God who is perfect would love people who are sinners like us, but you know it's true!

He sees all of us.

Sometimes when I don't feel loved by others or think people who get to know me better won't like me, I remember that God sees all of me and still loves me.

Wow.

I think when it comes to following God, it's easy to worry when we mess up. I am so happy to have a God who loves me.

Messy room and all.

Have you messed up lately?

God still loves you too.

Hi, GOD.

*Thank you for seeing all of me and still loving me.
Thank you for wanting to have a relationship with me.
Thank you for sending Jesus to die on the cross for my
sins so I can be free. In your awesome name I pray,*

AMEN.

*Seek the LORD while he may be found;
call to him while he is near.*

ISAIAH 55:6 CSB

WESTLEIGH SAYS...

Life can be really hard sometimes.

Even though I have so many blessings in my life.

Even though I have so much to be thankful for.

Even when I have the kindest friends and the best teammates and the most patient parents.

There are just days when it's hard. I can be having the best day ever, and then a word or thought ruins it all in a second.

And suddenly the day turns into a day full of challenges.

Sometimes I have to remind myself that this world is not our home. We aren't meant to stay here forever. We aren't meant to find our ultimate peace and satisfaction in what today or tomorrow brings.

We don't know what the future holds. We don't even know what God has planned for the next second or minute or day.

So while we are here on earth, God calls us to use our time wisely.

He wants us to be spending time drawing near to him, listening to him, and teaching others about him.

Personally, I hate it when plans don't go my way. I have high expectations of how I think my life should look. I think I have my life planned out, and I want to figure it all out for

myself. I don't want to rely on anyone else, and I don't want to ask for help. Then God throws me a curveball and reminds me that it's not about me.

It's hard to call out to God and ask him what to do. We want to be independent and do things our own way. It's hard to hand over the clipboard and pen to him. When we are younger, the future seems so far away. We don't really think about eternity or what life later on will look like, but we need to. We need to wake up every day looking to God and preparing our hearts for the life he wants us to live.

Ask him to change your heart today to serve him.

DEAR GOD,

*Remind me that I am not promised tomorrow.
Remind me to seek you first and not my own will.
You have great plans for my life; I just need to
listen and follow. Help me to live like you today.*

AMEN.