

Uplift Girl Pre- Teen Starter Guide

MEMA DAISY



You're One of a Kind!
Welcome to Our
World!



**UPLIFT
GIRL**



Hello There!

I started this community a few years ago under a different name, but over time my vision for this community grew to fit my passion. My desire through UpLift Girl is to create an environment where you can feel safe, be encouraged, and get built up in life, faith, and purpose. To achieve this, UpLift Girl has at its core storytelling (in many forms), mentoring, and community.

I'm just a regular girl who discovered an amazing God, and with that, an amazing adventure in Him. You'll find a lot of quirkiness and silliness here, but I hope you'll feel welcome, free, and safe.

So let's go on this journey together, and make a lot of memories on the way to becoming who we were destined to be according to God's really awesome design!

With Much Love,
Mema Daisy

You're welcome to UpLift Girl, *a girl's guide to navigating the crazy journey of life and faith...*

Here are

a few cool
things to get
you
started...

(*Short story inside )



The Freedom (Short Story)

Elsie folded back her sleeves and stared at her face in the mirror. She put on bracelets around her wrists and left her room with her bag on her shoulders after one more glance at the mirror. She shuddered in repulsion. After sometime, one's own reflection can begin to look otherworldly in that slimy alien-like way.

Growing up in this rather quiet house with a stepfather and a mother that didn't seem to care about her anymore, was not the kind of experience Elsie could have chosen. Not in a million years.

Elsie thought it would be nice to finally take that step that she'd only dreamt of. She finally realized that she had a choice. So what if you can't choose who gave birth to you? Who makes the rules anyway? She had had enough.

After walking north for an hour, she came to a cafe. Below the name of the cafe was a sign: Stop here for freedom. Stop here for freedom? Freedom. She liked the sound of that.

Elsie stepped into the cafe. There was nothing apparently special about it. It wasn't fancy like she hoped it would be. She sat in a corner by herself, enveloped alone by the smell of coffee and custard. She made her order, and sipped on the coffee that appeared on the table a few minutes later.

It was then she noticed the old lady. The old lady looked up from whatever it was she was reading and smiled at her. No one had ever smiled at Elsie like that before. The smile was so warm, so broad, so real, it engulfed her, and for a while there, she felt like she was in another world.

The old woman adjusted herself in her seat and turned fully to face Elsie from where she was. "My name is Sarah." Elsie stammered her

name in response. Sarah said it was nice to meet her and Elsie just shrugged and managed a smile. She thought her smile might have looked funny to Sarah as Sarah smiled back.

"It seems you're on a journey. You're right not to take too much for your journey. Too much 'stuff' can weigh a person down."

Elsie asked her how she knew. Sarah said it was the look in her eyes that made her know. "Besides, we are all on a journey. Life's a journey, you know? And it's best not to carry around so much baggage." Sarah stressed the word baggage, and Elsie wondered what she meant.

"Would you care to share with me what it is you hope to find?" Sarah asked.

The old lady was nosy as far as Elsie thought, but she felt that she could speak to this stranger. "Freedom. I hope to find freedom."

"Freedom from what? If you don't mind me asking ?" Sarah asked again.

Elsie paused a little. She wanted out of everything: everyone she already knew and the life she had. Were all people the same everywhere? Who's to say that her old life wasn't waiting for her in her destination?

Elsie didn't respond. She couldn't. She had no idea what kind of freedom she was really looking for.

"You see those two doors?" Sarah asked, pointing to two doors on the side." One of them leads you to the freedom to do what you want to...and the other leads to the freedom to do what you were designed to."

"Designed by whom?" Elsie asked?

Sarah laughed. "The Creator of course. God. Don't you believe in God?"

Elsie shrugged. "Haven't thought much of him."

"You haven't given him much thought, and yet he's the key to your happiness. He made you to love and be loved by him, you see. Don't you ever feel like a huge part of you is missing? Have you never heard of how great his love is for you?"

"If his love is so great then why did he let bad things happen to me?" Elsie was now becoming upset.

"Dear girl, bad things happened to him too. And they left scars on his hands, his feet, his sides and his heart for you, much worse than the ones that you have." Elsie lowered her eyes for a brief moment.

"He's not the bad guy." Sarah paused. "I've taken that door before," she said and pointed to the first door that led to the freedom to do whatever you wanted. "And I came to the sad realization of how I couldn't meet up to my

own standards. I couldn't make myself happy-truly happy, like I really wanted."

And Sarah told stories of love and of death and life. She told stories of Jesus.

"If I was made by a creator who loved me, maybe he'd know what to do with me, you know?" Sarah said.

Maybe he would, Elsie thought. Maybe he would.



5 things God thinks about you



1. *A daughter of the king*

Your Heavenly Father is the King of Kings. And that makes you a princess - the daughter of a king! He thinks of us this way, and He wants others to treat us this way as well. That means He wants you to be treated with love and respect, and He wants you to treat yourself that way as well. You are the daughter of the Great King, and you are royalty.

2. *You're God's awesome work of art*

Lovely lady, did you know you are God's masterpiece? You are His work of art and He took His time to make you. The shape of your nose, the mole on your chin, it's all in the plan and He thought to Himself how good his artwork was when He made you. So love yourself as you. Don't try to be anything. Look in the mirror and see you. See what God saw when He imagined you. See why He thinks you're awesome!

3. You are the light of the world

Our Lord Jesus said, “You are the light of the world.” And that’s exactly what you are. God made you to show off His glory and His love to a world in desperate need of it. Live like you’ve been set free, because you have been made free. Live a life of love because that’s the nature of your Heavenly Papa, who is love. Love God. Love others. Love deeply from your heart. This is what counts to God.

4. You’re a bearer of the good news

You’re the bearer of the good news! Did you know that the earliest evangelists in the Bible were women? The Samaritan woman for example got the whole city to know about Jesus and what He had done! Our Lord Jesus told Mary and the other women to go and tell the others that He was risen! God sent a word of prophecy in the early days, telling about how the good news would be spread by women too! God has given us the ministry of reconciliation. And you’re a big part of that!

5. You're *absolutely* God's beloved

This is how God sees you. He thinks about you. He thinks beautiful things about you. You have a nice spot in His heart and He made you to love you and to enjoy your love too! So don't let anyone make you feel worthless or ugly or unwanted. God can't get enough of you! He died for you and that proves it! He never wants to leave your side. He watches over you even in the night. He cares so much for you!

Scriptures for your heart:

1. Matthew 5:14

You are the light of the world. A town built on a hill cannot be hidden NIV

2. Romans 8:39

Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. NIV

3. Ephesians 2:10

For we are His workmanship [His own master work, a work of art], created in Christ Jesus [reborn from above—spiritually transformed, renewed, ready to be used]

for good works, which God prepared [for us] beforehand [taking the paths which He set], so that we would walk in the [living the good life which He prearranged and made ready for us]. *AMP*

4. Psalm 139:13, 14

You are the One who put me together inside my mother's body, and I praise You because of the wonderful way You created me. Everything You do is marvelous! Of this I have no doubt. *CEVDC*

5. Romans 10:9

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. *NIV*



Meet the Writer!

So I've been "talking" a lot on this blog, and I thought it would be nice for you to get to know the girl behind the words.

The most spectacular thing about me is that I'm a daughter of the Most High God, and I am saved purely by the sacrifice and love of Christ Jesus. This is where my real journey began.

I have a passion for my fellow girls (of all ages) and children. This blog is one expression of my desire to encourage women and provide opportunities for growth in life and faith. I've also volunteered with kids, youth, and female folk for as long as I can remember, and I want to keep at it till my time on earth is up.

I'm quirky and unconventional, and I'd love to meet you. Feel free to reach out because I'll listen and I won't judge.

Yep. This about sums me up.

Lotsa love,

Mema Daisy



Share the Love!


Hey girlfriend!

I hope you enjoyed our selected blog posts. We're certainly glad you've come this far.

Visit our website, www.upliftgirl.com today. Tell a friend about UpLift Girl. Like us on Facebook, [@upliftgirl](https://www.facebook.com/upliftgirl), share our posts, that sort of thing...

We can't wait to hear back from you. Feel FREE to send questions to our email, upliftgirlblog@gmail.com about topics you need help with and we'll be sure to get back to you.

Have a beautiful day! 😊😊

 If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead you will be saved.
Romans 10:9 NKJY