

THE BLESSED LIFE

MATTHEW 5 — THE HEART YOUR FATHER CALLS BEAUTIFUL

01

POOR IN SPIRIT

I DON'T HAVE TO HAVE IT ALL TOGETHER.

The world says you have to be enough all on your own — pretty enough, clever enough, completely put-together. *God says the opposite: the moment you stop pretending and admit you need Him is the moment heaven opens up.* Coming to Him empty isn't weakness; it's the way in.

GOD'S PROMISE

"Yours is the kingdom of heaven." — You don't earn your place at His table. You're already His.

02

THOSE WHO MOURN

I DON'T HAVE TO HIDE WHAT HURTS.

You don't have to put a filter over your pain or act fine when you're falling apart. *God isn't scared of your tears — He moves toward them.* Bringing your hurt to Him honestly is exactly where real comfort begins.

GOD'S PROMISE

"You will be comforted." — He stays close to the brokenhearted, and He never rushes you.

03

THE MEEK

MY WORTH ISN'T IN BEING THE LOUDEST.

Gentleness isn't being a pushover — it's strength that doesn't need to prove itself. *You don't have to fight for the spotlight, clap back, or compete to matter.* Quiet and secure outlasts loud and insecure every single time.

GOD'S PROMISE

"You will inherit the earth." — A girl who's confident in God ends up with everything that actually lasts.

04

HUNGER & THIRST FOR RIGHTEOUSNESS

I WANT WHAT'S REAL MORE THAN WHAT'S POPULAR.

You can chase likes, approval and being wanted — and still feel completely empty. *God says the girl who truly hungers for what's right is the one who ends up full.* Crave the real thing, not the highlight reel.

GOD'S PROMISE

"You will be filled." — He satisfies the hunger the world keeps you starving.

05

THE MERCIFUL

I LEAD WITH GRACE, NOT GOSSIP.

It's so easy to tear another girl down — in the group chat, behind her back, with one look. *Mercy chooses to build instead of bury.* How you treat people who can do nothing for you shows who you really are.

GOD'S PROMISE

"You will be shown mercy." — Give grace, and you'll keep on receiving it.

06

PURE IN HEART

I GUARD MY HEART, NOT JUST MY IMAGE.

The world is obsessed with the outside — the look, the feed, the highlight reel. *God looks at the heart, and a clean heart is what actually lets you see Him.* Who you are when no one's watching matters most.

GOD'S PROMISE

"You will see God." — Purity isn't being perfect; it's a heart that keeps coming clean.

07

PEACEMAKERS

I BRING PEACE INTO THE ROOM.

You can be the girl who stirs the drama or the one who settles it. *Peacemakers don't dodge every hard conversation — they just refuse to pour fuel on fires.* Be a thermostat, not a thermometer.

GOD'S PROMISE

"You will be called a daughter of God." — Making peace looks exactly like your Father.

08

PERSECUTED FOR RIGHTEOUSNESS

I'LL STAND FOR RIGHT, EVEN IF I STAND ALONE.

Doing the right thing can cost you — a friend group, a reputation, being called extra or fake. *God says when you're knocked for living for Him, you're in good company and there's a reward.* Don't trade your crown for their approval.

GOD'S PROMISE

"Yours is the kingdom of heaven." — Heaven notices what the hallway misses.

1 PETER 3:3-4 — REAL BEAUTY

Your beauty shouldn't depend on the outside — the hair, the outfit, the feed. **It should come from who you are inside: a gentle, secure spirit that is precious in God's sight.** — *That's the kind of beauty that never fades and never trends out.*

MY PLEDGE

I'm a daughter of the King, and I don't have to perform to be loved. I'm choosing the heart God calls beautiful — humble, honest, merciful and pure — **and brave enough to stand for Him even if I stand alone.** This is who I am, and whose I am. I'm signing my name to this, and I mean it.

YOUR NAME

DATE

THE 30-DAY CHALLENGE

EVERY MORNING

Before you open your phone, read these eight lines. Let your Father define you before the feed gets a vote.

MIRROR CHECK

When you catch yourself performing for approval, pause and ask: whose voice am I actually trying to please right now?

BUILD, DON'T BURY

Each day, lift one girl up — to her face or behind her back. Grace over gossip, every time.

STAND TALL

Do one right thing this week that costs you something small. That's what wearing the crown looks like.

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