



# Introduction


Is it joy you want? What if I told you about  
a joy that longs to wrap its arms around  
you, hold you close, and tell you how  
unconditionally loved you are?

There are two things no one can prepare you for.  
One is how *fun* it is to be a girl.

The other is how *hard* it is to be a girl.

Let's start with the fun side. Isn't it great to be part of the  
gender that finds it perfectly acceptable to sing at the top of your  
lungs, dance in the kitchen, and jump up and down squealing  
with your best friend because you both bought the same bathing  
suit?

What about slumber parties, girls' nights, and deep con-  
versations in the dark, where you pour out your heart until three  
o'clock in the morning? Can you even *imagine* life without these  
joys?





On the flip side, there is a dark underbelly to being female that makes some days tough. The mean girls who criticize your singing and dancing, for instance. The best friend who accuses you of copying her when you show up in the same bathing suit. The slumber parties you aren't invited to. The girls' night that leads to drama. The secrets you share with a trusted soul on Saturday night—only to have them broadcast at school Monday morning.

If only life could be consistent.

If only bad days weren't so bad.

If only you knew, beyond a doubt, that all your joy and pain would amount to something.

*If only:*

My friend, I don't know which way your life is swaying right now, whether you're living the dream or gasping for air, but either way, I have some truths to center you. As everything changes around you and inside you—your feelings, your friends, your body, your circumstances—you can cling to these truths like a ten-ton boulder.

*The God who made you loves you passionately.*

*He created you in His image to serve your generation like no one in the universe has ever served before.*

*His plans for your future would astonish you. You can anticipate them with great expectation.*

Now, I'm not promising that your life will be a cakewalk. I'm not touting God as a magic genie who will make all your wishes come true, from winning the Olympics to becoming an international rock star.

What I'm saying is that your Maker is your biggest fan. He thinks about you constantly and loves you more than your parents and anyone else on earth. God created you for a purpose, and when you discover His purpose for you, you live your best life possible.

You find peace.

You find security.

You find love, joy, courage, confidence, acceptance, and an unimaginable strength that equips you to handle any curveball you face.

So how do you start? How do you find God's designated path for you? Can you rely on your feelings and emotions to always point you in the right direction?

Your feelings and emotions are very important. They're part of the inner radar that helps guide you. (Think of a time when someone gave you a funny feeling, and you found out later how your suspicions were correct. When a situation doesn't feel or seem right—well, it probably isn't right.) But sometimes feelings and emotions can blur your thinking. Sometimes they put thoughts in your head that simply aren't true.

While you may feel invisible in a crowd, you aren't invisible to God.

While you may feel forgotten by the world, you aren't forgotten by God.



While you may *feel* your future is hopeless, you always have hope through God.

Feelings and emotions swing like the weather—they can be sunny one day, cloudy the next. They're up, down, and all around. That's why you need something bigger to base your life upon and steadier to test your feelings and emotions against.

This is where the truth comes in.

"THEN YOU WILL KNOW THE TRUTH, AND THE TRUTH WILL SET YOU FREE."

(JOHN 8:32)

## WHY THE TRUTH MATTERS

Has anyone ever lied to you?

Have you ever been blindsided by a person you trusted?

If so, how did you feel afterward? How did the event change you or that relationship?

At some point, we all get hurt by lies. We all encounter dishonesty. And while the experience can be heart-wrenching, you get past the pain. You learn from it and also learn to trust your gut instincts that suggest signs of trouble early on.

Deep down, we all crave the truth. And if there's a silver

lining to being fed lies, it's the fact that deceit can trigger your hunger for the truth. Because once you get duped or betrayed, you lose tolerance for lies. You gain a stronger desire for a life that is real, meaningful, and honest.

This puts you on a better path because a quest for the truth is a quest for God. Since God is truth, you can't separate the two. Where one exists, you find the other.

God knows the truth isn't always obvious and clear, however. He understands what you're up against in the pressures and temptations you face, and He hears those questions stirring up confusion in your head. Because He loves you, God gives you a lamp for your journey: *His Son, Jesus Christ, a light to follow to help you navigate our broken and sometimes dark world.*

Jesus is the Way, the Truth, and the Life. No one comes to the Father except through Him (John 14:6). Throughout the Bible, God makes it clear that a relationship with Jesus is crucial to salvation. Jesus is your bridge to heaven and my bridge too. Only He can lead us to eternal life.

The 10 Ultimate Truths are designed to point you to Jesus. Through real and fictional stories, I illustrate principles you can apply to your life. Where you are now is a somewhat tricky stage. Doing the right thing isn't always socially acceptable, is it? It may cramp your social life. It may get you excluded from cool parties. You might be labeled a "goody-goody" or wonder what's wrong with you because you can't in good conscience push limits like some of your peers.

Or maybe you do push limits . . . but it unsettles you. You



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think it's too late to change because God wouldn't want to associate with someone like you. If that's the case, remember this: *we're all sinners saved by God's grace*. He loves you just as much as the saints who walked this earth. And if there's a breath left in you, God can use you for His kingdom (Ephesians 4:11–13). He can renew your heart, mind, and spirit.

Whether your life's been terrific or challenging, the truth makes it *better*. What no eye has seen, what no ear has heard, and what no human mind has conceived, God has prepared for those who love him (1 Corinthians 2:9). *The purpose of life is to know, love, and serve the Lord*. And when you invite Jesus into your heart, He amplifies your joy, eases your pain, and helps you see the good work God is already doing in your life so you can share the good news with others.

Whatever you're dreaming for yourself, God's vision is bigger. Just thinking about the blessings still ahead for you floods my heart with happiness. The best is yet to come, my friend. Set your eyes on Jesus and the truth, and He'll lead you to the ultimate reward.

Your sister in Christ,

Kari

## Chapter 1

# Popularity

Truth #10: KINDNESS  
POPULARITY.

Sadie knew how much  
Abbie rarely turned  
deal.

In many ways Sadie  
Abbie because it made  
tected Sadie. At their school  
one messed with The Queen  
messing with a Queen who  
knew *anything* knew that  
During lunch one day  
to try.

