



Heart to Heart Bible Study
from Christian Girls

Laura Elliott, Editor

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Dedication

To Lydia Edwards—and growing
Christian girls like her everywhere;
we love and appreciate you!

About the Authors



Genevieve Ormon lives in Newport News, Virginia, with her parents, Lloyd and Genevieve. She has a brother, Derrick, and two sisters, Dara and Diona. The Ormons attend the Newport News Church of Christ. Genevieve has taught vacation Bible school, Bible classes, and camp devotionals for girls. She has also spoken at a ladies' day. She has participated in Bible bowls and received awards for Christian leadership and best Bible student at camp.

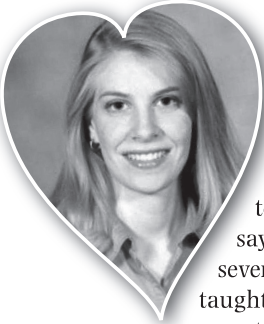
Genevieve enjoys studying history, writing poetry, journaling, drawing, reading, and traveling. She also loves orange cats, neon colors, and would like to live in Nebraska. She was a 16-year-old home schooled junior when she wrote for this book. Her advice to girls is, "Do not say, 'Why were the former days better than these? For you do not inquire wisely concerning this' (Ecclesiastes 7:10).



Lora Turner contributed to *Girl to Girl* as a 16-year-old junior at Mars Hill Bible School. She lives in Florence, Alabama, with her parents, Kevin and Cathy, and her two brothers, Garrett and Randall. They all attend the Wood Avenue Church of Christ. She has taught a toddler's Bible class, spoken in chapel to the girls at Mars' Hill, served as a camp counselor, and engaged in stateside mission work. In school Lora is involved in basketball, chorus, and track. Lora hopes to study physical therapy in college. Her favorite movie to quote is *Mulan*, and her favorite Scripture is Colossians 3:23. Her advice for girls is, "Never get so caught up in your life that you don't make time for God."



Heather Sparks lives in Mechanicsville, Virginia, where she attends the Cold Harbor Road Church of Christ. Her parents are Joe and Darlene, and she has one brother, William. Heather has taught teen girls' classes, participated in youth activities and Bible bowls, and engaged in stateside mission work. She is studying psychology and chemistry and plans to go to medical school. Heather enjoys reading and playing the guitar. She savors mint chocolate chip ice cream. She enjoys taking women's self defense classes, and she has a deep fear of Wal-Mart. Heather wrote her chapters when she was a 19-year-old sophomore at Virginia Commonwealth University. Her advice to girls is, "Every day has the potential to be better than the last."



Lyndsay Pierce, a 19-year-old sophomore at Harding University at the birth of this book, is the daughter of Rebecca Palmer and Larry Pierce. She also has an older brother, Mark Pierce. Lyndsay lives in Mechanicsville, Virginia, where she attends the Cold Harbor Road Church of Christ. (At school, Lyndsay attends the West Side Church of Christ.) Lyndsay has been on several mission trips in both the United States and Mexico. She has taught in vacation Bible schools and girls' retreats, served on summer camp staffs, and participated in leadership training for Christ. Lyndsay was graduated from Lee-Davis High School. She is now studying forensic psychology. She is a Resident Assistant in a girls' dorm, and she is a member of Regina (a Harding social club). Lyndsay likes chocolate, the color pink, and also goes by the name, "Piggi." Her favorite Scripture is John 14:1-4, and she advises girls: "Pray continually."

Laura Elliott was an 18-year-old freshman at Freed-Hardeman University when she began editing *Girl to Girl*. She is from Mechanicsville, Virginia, where she lives with her parents, Greg and Carolyn, and her brother, Robert. They attend the Cold Harbor Road Church of Christ. Laura has produced a weekly e-devotional for girls, has done camp counseling, and has done mission work in both the United States and Ukraine. She teaches Bible classes and ladies' lessons, as well as working with the Hispanic outreach, at the Estes congregation in Henderson, Tennessee. Laura was graduated from Lee-Davis High School. At Freed-Hardeman, she is studying elementary education, Spanish, and health. Laura enjoys reading, writing, singing, artwork, and crafts. She likes old musicals, and her least favorite animal is the emu. Her advice for girls is, "Make Christianity who you are, and not just something you do."



Heather Baker lives in Hoschton, Georgia, where she attends the Jackson County Church of Christ. She added her insight to this work as an 18-year-old freshman at Freed-Hardeman University. Her parents are Ray and Debbie Baker and the late Jan Baker; she has one younger brother, Ray, and two older sisters, Kim and Ashley. She is also blessed with four nieces and two nephews. She has taught Bible classes and participated in Bible bowls. Heather was graduated from Jefferson High School, and is now studying communication and Spanish at Freed-Hardeman. In school, she participates in the Pied Pipers (a children's acting group), Psi Mu (an FHU social club), and the FHU yearbook staff. Heather enjoys the Beatles (and music in general), writing, roller coasters, and laughing till she can't breathe. She advises girls: "Never have ordinary days. Love with all you are every day. Live the fruit of the Spirit."



Hannah Colley lives in Huntsville, Alabama, with her parents, Glenn and Cindy, and her brother, Caleb. They attend the West Huntsville Church of Christ. Hannah speaks to ladies and girls across the country, and she also participates in Right to Life oratory competitions. She has taken mission trips to New Zealand and Jamaica. Her family has put out three *Hannah's Hundred* CDs, which each have one hundred verses of Scripture set to song for children to learn. Hannah loves mint-chocolate chip ice cream, drama, and classic movies, but she dislikes chemistry. At her drivers' test, she turned on the windshield wipers and left them on the whole time. (It was not raining! She just didn't know how to turn them off!) As a 16-year-old home schooled sophomore at the time of this writing, Hannah's advice to young girls is, "Never give up, girls! Always keep your heart pure and open to God's will!"

Allison Boyd wrote her chapters for *Girl to Girl* when she was an 18-year-old freshman at Freed-Hardeman University. She is from McMinnville, Tennessee, where she lives with her parents, Steve and Carol, and her two brothers, Tyler and Daniel. She attends the Bybee Branch Church of Christ. Allison has been involved with Inner Beauty Salon (series of girls' devotionals), Bible Bowl, counseling at camp, and mission work in the United States and Barbados. Allison was graduated from Warren County High School where she played the flute and was a drum major in the band. In college, Allison participates in Missions Group, Psi Mu, Evangelism Forum, the honors association, and the student government. Allison enjoys coffee, sliding down rails, Frank Sinatra, journal writing, and kickboxing. She has a teddy bear named Gustave, and she likes building sandcastles. Her advice to girls is, "Always remember you are beautiful!"



Preface

As I write this preface, I am lying on a bed in a simple hotel in Arusha, Tanzania (East Africa). I am two weeks into an eight-week commitment to do mission work.

In the past four weeks, 104 souls in the Arusha area have made the decision to put on Christ in baptism. On Friday morning, three men of the Maasai tribe became Christians. Our concern now becomes helping these new Christians stay faithful and go to heaven. One of my friends who studied with some Maasai told me, “Their trouble is they just have so much to give up.” Heavy, heavy drinking, polygamy, and animism might top the list.

Really though, don’t we all have “so much to give up”? Christ wants us to live completely transformed lives. As young Christian girls, our society screams at us with materialism, impurity, and all kinds of false offers of fulfillment. God wants to offer us something so much better.

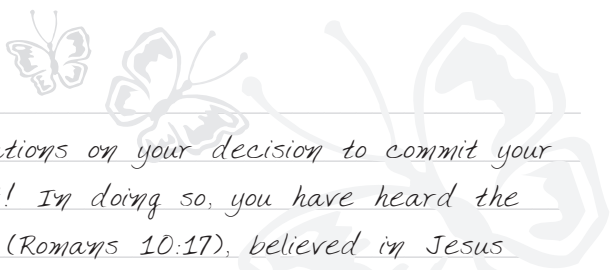
Just as Christian Maasai have to live very different from their neighbors, so do Christian girls in America. We must stand out, refusing to fit in with the world so we can fit into the kingdom.

This book aims to help girls stand out. Eight Christian girls worked together to write this book for you. We know that living a transformed life as a young woman can be difficult, but we also know that God equips us with the tools we need to handle the challenge.

As Christian girls just like you, we know that we don’t have all the answers, but we would like to share what we have learned as we faced struggles much like yours.

My hope in working with seven of my best friends to write this book is that the book will help young and new Christian girls go to heaven. Just like the 104 new Christians in Arusha, we all have growing, learning, and transforming to do on our way to heaven. As authors we are praying that this book will help do just that for young girls in our Lord’s church.

—Laura Elliott, Editor



Dear Girls,

Congratulations on your decision to commit your life to Christ! In doing so, you have heard the word of God (Romans 10:17), believed in Jesus Christ as the Son of God (John 8:24), repented of your sins (Luke 13:3), confessed Jesus Christ as the Son of God (Acts 8:37; Matthew 10:32-33), and been baptized in the name of the Father, the Son, and the Holy Spirit (Matthew 28:19) for the forgiveness of your sins. The Christian life is beautiful and exciting, but it's not always easy. We must constantly be aware of Satan's presence; he is always attempting to take our focus away from God (1 Peter 5:8).

The following lessons are from teenage girls just like you. We all struggle with the issues discussed in this book. However, through Bible study and prayer, we work to overcome them. The Bible is your primary roadmap for life, and this book uses biblical principles to address issues which especially affect teenage girls.

Our prayer is that you will utilize what you learn from this book in your life for Christ.

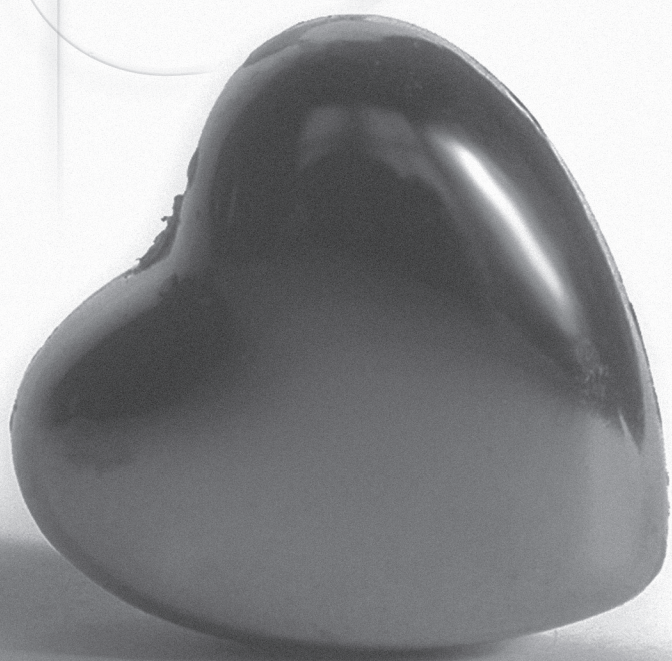
Love,

Genevieve Lora Heather A.
Lyndsay Laura Allison
Hannah Heather B.



SECTION ONE

Christian Growth



Genevieve Ormon, Lora Turner,
Heather Sparks, and Lyndsay Pierce

WHAT'S IN THIS SECTION?

CHRISTIAN GROWTH

Building a Lasting Commitment to God

Wonderful Words of Life: Bible Study (Genevieve Ormon)

The Privilege of Prayer (Lora Turner)

Spiritual Goals (Heather Sparks)

Growing with God's People

The Blessing of Christian Fellowship (Lyndsay Pierce)

Getting Involved in the Work of the Church (Lyndsay Pierce)

Surrounding Ourselves with Support

Friendship Choices (Heather Sparks)

An A-Plus for Christian Education (Lyndsay Pierce)



CHAPTER ONE

Building a Lasting Commitment to God

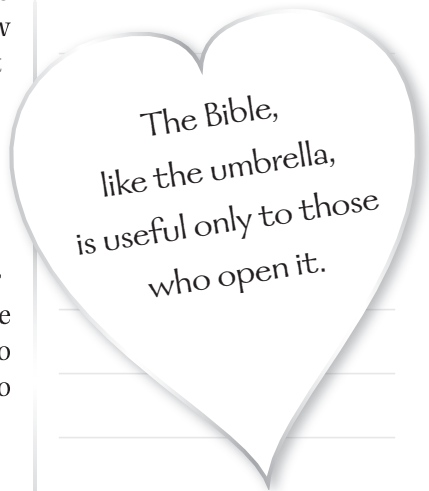
Wonderful Words of Life: Bible Study

Genevieve Ormon

A legend tells of a little boy who purchased an umbrella. He had been told that this device could keep him from getting wet during a rainstorm. As he headed home in the rain, he confidently held his umbrella under his arm. However, as he was nearing his house he was disappointed because he was drenched! Just as he was ready to discard his new purchase, the wind blew his umbrella open, and he realized that he had to open his umbrella for it to keep him dry!

Many Christians view the Bible in the same way that the boy viewed the umbrella. It lies on their bedside table or travels to worship neatly tucked under its owner's arm. Don't we realize that the Bible, like the umbrella, is useful only to those who open it and carefully look into its pages? (Acts 17:11).





The only safe passage
through this life is the
one illuminated by
the light of God's
Word.

And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates (Deuteronomy 6:6).



Lamp unto My Feet

Each time we Virginians get walloped by a hurricane, many in our area experience life for an extended period of time without electricity. Though these times are always ones of inconvenience and much frustration, we always learn valuable lessons from them. As long as it is light outside, life remains normal for the most part. But we have learned through experience to make the most of the daylight hours because when it gets dark, it gets really dark! At night, the only way to move around safely inside or outside is to use some type of light.

In a similar way, the only safe passage through this life is the one illuminated by the light of God's Word. This is why Jeremiah, led by the Spirit, made the statement: "It is not in man who walks to direct his own steps" (Jeremiah 10:23).

On the same note the psalmist penned the words in Psalm 119:105: "Your word is a lamp to my feet and a light to my path." That sounds wonderful, doesn't it? God has promised us that everything we need to get through this life is found in His Word! (2 Peter 1:3).

What happens when we sincerely study the Bible?

- ✿ We grow to appreciate God's plan (Psalm 119:103).
- ✿ We grow spiritually (Mark 3:33, 35).
- ✿ We develop knowledge that we can share with others (Deuteronomy 6:6-9).
- ✿ We can defend the faith better (Philippians 1:7).

- ✿ We have great strength during trials, persecution, and discouragement (James 1:2–3; Psalm 119:51; 2 Corinthians 1:3–4).

Take Time for It! (Psalm 119:97)

Have you ever been told to do something you really didn't want to do, and upon responding that you didn't have time, were instructed, "Well, you'd better take time for it"? We must apply that kind of discipline to Bible study. We can find time to do the things we want to do!

- ✿ *Eliminate 30 minutes of television every day.* The time spent watching television can be spent going over passages of Scripture instead.
- ✿ *Set your clock earlier.* Get up 30 minutes earlier! Are you frustrated over a problem such as low self-esteem, betrayal of trust, or persecution? Do a study on this topic every morning.
- ✿ *Walk or jog to Scripture.* Get a CD or tape of the Bible. When you exercise, put on your headphones and learn while you work out.
- ✿ *Memorize Bible verses in the car.* We think nothing of belting out verses to popular tunes. Why not learn the Bible in the same repetitious way?
- ✿ *Form a support group.* Take turns reminding each other to read and study the Bible. Use notes, telephone calls, and emails to check up on each other.

TAKE TIME FOR IT

Find a "study-buddy" and choose a book of the Bible to study. Meet in-person or on-line several times a week for 30 minutes. This is a great outreach for a non-Christian friend.

- ✿ Who will be my study-buddy?
- ✿ What will we study?
- ✿ When will we meet?

Oh, how I love Your law! It is my meditation all the day (Psalm 119:97).



Spiritual Starvation

Up to this point we have dealt with some reasons we should study the Bible. Now that we know why we should study, we will go over some suggestions about how to study the Bible effectively.

We need to study regularly (Psalm 119:148, 162; John 4:31–34). None of us would consider it okay to go several days without eating anything. Why? Because, it's just not healthy! Sometimes, though, we are guilty of doing without spiritual meals for several days.

It is sad to think that many Christians are starving themselves to death! We may do just that when we spend days without studying God's Word—and some “Christians” spend weeks without studying.

What makes our negligence even worse is that we have a feast before us, served by the Lord Himself! Spiritual nourishment is even more important than physical nourishment.

May we never take for granted the welfare of our souls. Be sure to get a nutritious meal every day!

Sometimes we are
guilty of doing without
spiritual meals for
several days.

Tools for Understanding

We have many resources to help us study. Most of us do not have to read the Bible very long before we find a strange or difficult word. Instead of skipping over such words, we can use a Bible dictionary to look them up. Sometimes that task is as easy as flipping to the back of our Bibles to an abridged dictionary. For a more thorough study, many congregations have exhaustive dictionaries in their church libraries.

Another resource is a concordance, which lists every passage of Scripture containing a particular word. A concordance is great for doing topical or word studies. For instance, suppose we wanted to study the subject of faith. We could go to concordance and find every passage that contains the word *faith*. A study of these passages would help us to understand the word in its context.

Other good resources to consider are sound commentaries, lexicons, and books discussing Bible topics and principles. We need to be careful about the religious literature we trust. Ask a qualified brother or sister in Christ to recommend sound Christian authors to help you narrow your search. Brotherhood publishers—those noted for publishing sound, doctrinal material—are always glad to recommend literature that will enhance your Bible study.

Organize your Bible study so that you won't let it slip (Ecclesiastes 9:10).

How to Stay Motivated

Motivate yourself by studying subjects that interest you. If you are fascinated by the miracles that Jesus and His followers did, do a special study on miracles. While reading a few Scriptures each day is a good way to familiarize ourselves with God's Word, it might not be the best way to gain knowledge and strength. In Bible classes and other public teaching formats, there is usually a selected topic discussed. We are wise to do the same with our personal Bible study.

Journal keeping also makes studying more effective. Keep a special notebook or

HOW TO STAY MOTIVATED?

Do one or more of the following: visit your church library, visit a neighboring church library, and visit a Christian bookstore. From the information you glean, choose a topic that you feel is interesting.

- ✿ Where will I visit?
- ✿ What topic interests me?
- ✿ When will I do research?



journal set aside for Bible study that can be used to write down Scriptures you read and thoughts that come to you while studying. Later you may revisit some studies that you have completed. Keeping a log of favorite Scriptures is one way to help enhance our personal studies.

MAKE IT PERSONAL

But he does of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does (James 1:22–25).

Make It Personal!

God's Word is our road map for life. If we open our Bibles and study diligently and prayerfully, God will truly bless us. As we look more into God's perfect law of liberty, we will know for ourselves that the Scriptures can truly be called the wonderful words of life (Matthew 4:3–4).

The Privilege of Prayer

Lora Turner

You're a Christian! You now have the unique opportunity to have an intimate relationship with God. A most vital part of that relationship is prayer. Prayer is an awesome privilege that God reserves for His children. Through prayer, you can bring your deepest concerns to the Lord. As John tells us, "This is the confidence that we have in Him, that if we ask anything according to His will, He hears us" (1 John 5:14). Prayer is sacred; it must never be taken lightly. The essence of prayer is coming before God humbly and honestly and telling Him what is on your heart. God is so good to us, and He commands that we include Him in our lives and talk to Him. You don't have to use big, fancy words. Just