

Glow Girls Uncut

A 4-Week Devotional
for teenage girls

Living Inside Out

Embracing Your True Identity
In Christ



Tutu Adewole

Living Inside Out Devotional

Who am I? Why am I here? How does God see me?

These are questions many of us ask at some point in our lives.

The truth is, your identity is not found in what others say about you, your feelings, or your past mistakes—it is found in Christ.

This 4-week devotional is designed to help you discover and embrace who you truly are as a child of God.

Each weekday, you will dive into God's Word, uncover powerful truths about your spirit, soul, and body, and learn how to live confidently from the inside out. On weekends, you'll have time to reflect, catch up, and apply what you've learned so that your faith becomes a real, living part of your everyday life.

How To Use This Devotional

- Read the Bible verse and reflect on its meaning.
- Apply what you've learned through the daily challenge.
- Pray the short prayer, asking God to help you live out His truth.
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- Use the weekend activities to reinforce and apply what you've learned.

As you go through this journey, remember: You are made in God's image. You are loved. You are chosen. You are enough.

Let's discover together what it means to live inside out!

Week One

Created in His Image
– **Understanding Your**
☐ **True Identity**

Day 1:

You Are Made In God's Image

 **Genesis 1:26-27**

– “Let Us make man in Our image, according to Our likeness...”

 **Reflection:**

You were created to reflect God's character, love, and purpose. Your worth is not based on what others think but on how God designed you.

 **Application:**

Stand in front of a mirror and declare, “I am made in God's image, and I am valuable.”

 **Prayer:**

Heavenly Father, thank You for creating me in Your image. Help me to see myself the way You see me—loved, valued, and full of purpose. Amen.

Day 2:

You Are Fearfully and Wonderfully Made

Psalm 139:14

“I will praise You, for I am fearfully and wonderfully made. marvelous are Your works, and that my soul knows very well.”

Reflection:

God didn't make a mistake when He created you. Every detail—your personality, abilities, and appearance—was designed with care.

Application:

Write down three things you love about yourself and thank God for them.

Prayer:

Lord, I praise You for making me unique and wonderful. Help me to embrace who I am and to walk confidently in my identity. Amen

Day 3

Your Identity is in Christ, Not the World

 **2 Corinthians 5:17**

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”

 **Reflection:**

Your identity is not defined by what others say, your past mistakes, or how you feel. When you belong to Jesus, you are made new!

 **Application:**

Write down one lie you've believed about yourself and replace it with a Bible verse about your identity.

 **Prayer**

Jesus, thank You for making me new. Help me to leave behind my past and walk boldly in my true identity. Amen.

Day 4

You Are Chosen and Loved

Psalm 139:14

you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light.”

Reflection:

God has chosen you for a purpose. You are set apart, valuable, and deeply loved.

Application:

Write this truth down and carry it with you today: “I am chosen. I am loved. I belong to God.”

Prayer

Father, thank You for choosing me and calling me Your own. Let me always walk in the confidence of Your love.

Day 5

Your Worth Comes from God

Ephesians 2:10

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."

Reflection:

You were created for a purpose. God has amazing plans for your life!

You are His Prized possession, His masterpiece, a reflection of His artistry that shows the world how great He is.

Application:

Ask God to reveal His purpose for your life and take one small step toward it today.

Prayer

Lord, I trust that You have good plans for me. Guide my steps and help me to fulfill the purpose You have for me.

Day 6

Saturday: Reflection & Journaling

Take time to reflect on what stood out during the week.

To do

1. **Review the week's devotionals.** Flip through what you've read and note any key points that stood out.

2. **Journaling Prompt:**

What was the most impactful lesson I learned this week?

Did I struggle with any part of the devotionals?
Why?

How can I apply this to my life next week?

3. **Catch-up Time:** If you missed a day, take a few minutes to go back and read it.

Optional Fun Activity: Create a scripture art piece. Write out a key verse from the week in a creative way (doodles, colors, or lettering).

Day 7

Sunday :Speak & Apply the Word

Speak God's Word over your life and put it into practice.

1. **Pick one verse from the week** that encouraged you the most.

2. **Say it out loud three times** as a personal declaration. Example: I am fearfully and wonderfully made!

3. **Application Challenge:**

How can you live out what you've learned this week? Choose one small action (e.g., show kindness, step out in confidence, pray for a friend).

4. **Prayer & Worship:** Spend 5-10 minutes talking to God and thanking Him for what He is teaching you.

Week Two

The Spirit
— Living from Your
**True Identity in Christ**

Day 8

You Are a Spirit, You Have a Soul, and You Live in a Body

1 Thessalonians 5:23

"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ."

Reflection:

The real you is your spirit, not just your body; how you look or what you have or your emotions - how you feel. Your spirit is where your identity is found.

Application:

Ask yourself: "Am I living based on my emotions or based on God's truth?"

Prayer

Father, help me to see myself through my spirit, not just my emotions. Let me live according to Your truth.

Day 9

You Are Born Again in Your Spirit

John 3:6

"That which is born of the flesh is flesh, and that which is born of the Spirit is spirit."

Reflection:

When you accept Christ, your spirit becomes new. You may not feel different right away, but the change is real.

Application:

Spend 5 minutes in prayer, asking God to help you live from your spirit instead of your emotions.

Prayer

Holy Spirit, lead me to live by faith and not by my feelings. Strengthen me to trust in my identity in Christ.

Day 10

Walking by Faith, Not by Sight

 **2 Corinthians 5:7**

"For we walk by faith, not by sight."

Reflection:

Your faith in God should be stronger than your feelings. Even when things seem hard, your spirit knows the truth! Walking by faith means believing God's Word above your circumstances. When doubt or fear creeps in, remind yourself that faith sees what the natural eye cannot.

Application:

Write down one worry you have and replace it with a truth from God's Word.

Prayer

Lord, help me to trust in You even when I don't see the full picture. Strengthen my faith daily so I can walk in Your promises with confidence.

Amen.

Day 11

The Holy Spirit Lives In You

Romans 8:12

"The Spirit Himself bears witness with our spirit that we are children of God."

Reflection:

You are never alone—God's Spirit is always with you, guiding and strengthening you. The Holy Spirit reassures you of your identity in Him as His special child, and He has promised never to leave you nor forsake you.

Application:

Say this out loud: "I am God's child, and His Spirit is always with me."

Prayer

Father, thank You for sending Your Spirit to dwell in me. Let me always be aware of Your presence. Amen.

Day 12

Your Identity is Secure in Christ

Colossians 3:3

"For you died, and your life is hidden with Christ in God."

Reflection:

Nothing can take away your identity in Christ—it is safe and unshakable. Your identity is not based on your mistakes, past, or what others say about you. It is sealed in Christ forever, and no circumstance can change that.

Application:

Write down three reasons why you can trust God with your identity. Keep this list as a reminder whenever doubts arise.

Prayer

Lord, I rest in the security of my identity in You. Nothing can separate me from Your love, and I will stand firm in the truth of who I am. Amen.

Day 13

Saturday: Reflection & Journaling

Take time to reflect on what stood out during the week.

To do

1. **Review the week's devotionals.** Flip through what you've read and note any key points that stood out.

2. **Journaling Prompt:**

What was the most impactful lesson I learned this week?

Did I struggle with any part of the devotionals?

Why?

How can I apply this to my life next week?

3. **Catch-up Time:** If you missed a day, take a few minutes to go back and read it.

Optional Fun Activity: Create a scripture art piece. Write out a key verse from the week in a creative way (doodles, colors, or lettering).

Day 14

Sunday: Speak & Apply the Word

Ephesians 2:10

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."

Reflection:

You were created for a purpose. God has amazing plans for your life!

You are His Prized possession, His masterpiece, a reflection of His artistry that shows the world how great He is.

Application:

Ask God to reveal His purpose for your life and take one small step toward it today.

Prayer

Lord, I trust that You have good plans for me. Guide my steps and help me to fulfill the purpose You have for me.

Week Three

The Soul

– **Renewing Your Mind &**



Mastering Your

Emotions

Day 15

Transform Your Mind with God's Word

Romans 12:2

"Do not be conformed to this world, but be transformed by the renewing of your mind"

Reflection:

The way you think shapes the way you live. If your mind is filled with negativity, fear, and doubt, your actions will reflect that. But when you renew your mind with God's Word, your life will align with His truth, and you will walk in confidence and purpose.

Application:

Choose one negative thought you've struggled with and replace it with a scripture about your identity in Christ. Write it down and speak it over yourself daily.

Prayer

Lord, help me to renew my mind daily with Your truth so that I can walk in the fullness of Your will for my life. Amen.

Day 16

Take Every Thought Captive

 **2nd Corinthians 10:5**

“Bringing every thought into captivity to the obedience of Christ.”

Reflection:

Not every thought that enters your mind is true or from God. Some thoughts come from the enemy, trying to make you doubt yourself or feel unworthy. But you have the authority to take control of those thoughts and replace them with God's truth.

Application:

Whenever a negative thought about yourself or your situation enters your mind today, stop and declare a Bible verse that contradicts it.

Prayer

Father, help me to recognize and reject every lie of the enemy. I choose to align my thoughts with Your truth. Amen.

Day 17

Overcoming Fear and Anxiety

Philippians 4:6-7

“The peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Reflection:

Worry and anxiety are tools the enemy uses to distract and discourage us. But God's peace is greater than any situation we face. When we bring our concerns to Him, He replaces our fear with His peace.

Application:

Write down one thing you've been worrying about. Pray over it, surrender it to God, and trust Him to take care of it.

Prayer

Lord, I cast all my worries onto You. Fill my heart and mind with Your perfect peace. Amen

Day 18

God Heals Emotional Wounds

Psalm 147:3

“He heals the brokenhearted and binds up their wounds.”

Reflection:

Emotional pain can linger, shaping how we view ourselves and others. But God is the ultimate healer. No matter what you’ve been through, He can restore and renew your heart.

Application:

If you’re holding onto hurt or unforgiveness, take a moment to pray about it today. Ask God to help you let go and heal completely.

Prayer

Father, I bring my pain to You. Heal my heart and help me to walk in freedom. Amen

Day 19

Walk in Peace and Confidence

 **Isaiah 26:3**

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

 **Reflection:**

When we keep our focus on God, His peace fills our hearts and minds. Even when challenges arise, we don't have to be shaken because our trust is in Him.

 **Application:**

Anytime you feel anxious or uncertain today, pause and say, "God, I trust You. Fill me with Your peace."

 **Prayer**

Lord, help me to fix my thoughts on You and walk in Your peace today. Amen.

Day 20

Saturday: Reflection & Journaling

Take time to reflect on what stood out during the week.

To do

1. **Review the week's devotionals.** Flip through what you've read and note any key points that stood out.

2. **Journaling Prompt:**

What was the most impactful lesson I learned this week?

Did I struggle with any part of the devotionals?
Why?

How can I apply this to my life next week?

3. **Catch-up Time:** If you missed a day, take a few minutes to go back and read it.

Optional Fun Activity: Create a scripture art piece. Write out a key verse from the week in a creative way (doodles, colors, or lettering).

Day 21

Sunday: Speak & Apply the Word

Ephesians 2:10

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."

Reflection:

You were created for a purpose. God has amazing plans for your life!

You are His Prized possession, His masterpiece, a reflection of His artistry that shows the world how great He is.

Application:

Ask God to reveal His purpose for your life and take one small step toward it today.

Prayer

Lord, I trust that You have good plans for me. Guide my steps and help me to fulfill the purpose You have for me.

Week Four

The Body

– Honoring God with

 Your Body & Walking in
Confidence

Day 22

Your Body is God's Temple

 **1st Corinthians 6:19-20**

"Or do you not know that your body is the temple of the Holy Spirit who is in you"

Reflection:

Your body is not just a physical vessel; it is God's temple. When you honor your body by taking care of it, you honor God. How you treat yourself—what you eat, how you dress, and what you allow into your heart and mind—matters to Him.

Application:

Think of one way you can take better care of your body today, whether it's through healthy eating, exercise, or getting enough rest.

Prayer

Lord, thank You for making my body Your temple. Help me to honor You in the way I take care of myself. Amen.

Day 23

Respecting Yourself and Others

 **1st Timothy 4:12**

"Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity."

 **Reflection:**

The way you carry yourself reflects your identity in Christ. Respecting yourself means setting boundaries, choosing modesty, and treating others with kindness and honor.

 **Application:**

Consider one way you can be an example to others in your speech, behavior, or appearance today.

 **Prayer**

Father, help me to walk in purity and honor, respecting both myself and those around me. Let my life be an example of Your love. Amen.

Day 24

Taking Care of Your Physical Health

 **Isaiah 26:3**

“But I discipline my body and bring it into subjection”

 **Reflection:**

Taking care of your body is part of honoring God. Discipline in areas like eating well, exercising, and resting allows you to serve God and others more effectively.

 **Application:**

Set a small goal to improve your physical health today, whether it's drinking more water, going for a walk, or getting enough sleep.

 **Prayer**

Lord, help me to be disciplined in how I care for my body, knowing that it is a gift from You. Amen.

Day 25

Walking in Confidence

Proverbs 31:25

"She is clothed with strength and dignity, and she laughs without fear of the future."

Reflection:

True confidence doesn't come from how you look or what others think of you, but from knowing who you are in Christ. When you walk in the confidence of God's love, you can hold your head high and live without fear.

Application:

Practice walking in confidence today—speak boldly, stand tall, and remind yourself that you are valuable and loved.

Prayer

Father, help me to walk in the confidence of who I am in You. I will not be shaken by fear or doubt. Amen.

Day 26

Speaking Life Over Yourself

Proverbs 18:21

"Death and life are in the power of the tongue, and those who love it will eat its fruit."

Reflection:

The words you speak about yourself have power. If you constantly criticize yourself, you will struggle with self-worth. But when you declare God's truth over your life, you will walk in strength and confidence.

Application:

Write down three positive affirmations based on God's Word and declare them over yourself today.

Prayer

Lord, I choose to speak life over myself. I am loved, I am chosen, and I am made in Your image. Amen.

Day 27

Saturday: Reflection & Journaling

Take time to reflect on what stood out during the week.

To do

1. **Review the week's devotionals.** Flip through what you've read and note any key points that stood out.

2. **Journaling Prompt:**

What was the most impactful lesson I learned this week?

Did I struggle with any part of the devotionals?
Why?

How can I apply this to my life next week?

3. **Catch-up Time:** If you missed a day, take a few minutes to go back and read it.

Optional Fun Activity: Create a scripture art piece. Write out a key verse from the week in a creative way (doodles, colors, or lettering).

Day 28

Sunday: Speak & Apply the Word

Ephesians 2:10

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."

Reflection:

You were created for a purpose. God has amazing plans for your life!

You are His Prized possession, His masterpiece, a reflection of His artistry that shows the world how great He is.

Application:

Ask God to reveal His purpose for your life and take one small step toward it today.

Prayer

Lord, I trust that You have good plans for me. Guide my steps and help me to fulfill the purpose You have for me.



Congratulations!

You completed the "Living Inside Out" devotional!

Remember, your identity is secure in Christ—live boldly and confidently as the person He created you to be!