

# GROUNDED

## Standing Firm in a Roller Coaster World

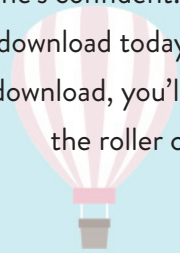
Most often, when we hear the word “grounded” we probably associate the term with negative emotions. We broke the rules and as punishment, we got “grounded.”

I remember being a tween girl dealing with emotions and ever so often “getting grounded” because I messed up, and my parents needed to remind me who was in control. And I’m sure that as a mother of a tween girl you’ve used your fair share of the words “you’re grounded!”

I get it!

I can’t imagine being a tween girl, dealing with the emotions and expectations that come with today’s world — it’s like a roller coaster ride!

But, what if we flip that term and instead it became something positive we teach our girls? What if the term “grounded” could be associated with positive emotions? As in... “My girl is steadfast... she’s confident... she knows who she is and Whose she is.” That’s why I want to offer you a free download today called “Grounded: Standing Firm in a Roller Coaster World.” In this printable download, you’ll find ways to help your tween define who she is so that when the line opens for the roller coaster ride of emotions and expectations, she won’t be tempted to get on.



Others may not pick me, but Jesus said I'm forever His.

Even when I was in the smallest of small schools, I wasn't chosen.

Our class had those elections where the kids in your class get to pick a president, someone who would help the teacher pick the rules. It was never me; not in elementary, middle, or high school.

Elementary school was the first time I remember not being chosen. In fifth grade, I wasn't picked to be a part of our school's government. I felt so sad; I thought I would have been a great president.

Then, an opportunity came up at my church to be in a choir for young people. You know what I discovered? I was good at singing, really good in fact! That year they gave me a solo to sing in front of my whole church.

God wants us to know that whether we are picked by people or not, we are always chosen by Him. Jesus says in John 15:16, "You didn't choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name." (NLT)

You have been picked. You are chosen.

GETTING GROUNDED:

Say out loud: "I chose you." Now, write out John 15:16 on a piece of paper or card. Keep this reminder in a place where you can read it when you are feeling not so chosen: in your backpack, by your bed, or even as a note on your phone.

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## I am never alone because God has promised to always be with me.

“I am so bad at math! I should just give up. I’ll never get this.”

Those thoughts whirled through my head often when I worked on math. I could see the other students whizzing through their worksheets. Not me. I often felt stuck and when I felt stuck, I often felt alone.

We can too easily use powerful words in a negative way to describe ourselves and talk about our lives; words such as never, always, and forever. In reality, it is very hard to find anything in our lives that truly is never, always, and forever. It is not true that we never get it right, that we always mess up, or that we will forever struggle with this thing or that.

Words like never, always, and forever should be reserved only for describing God.

God will never leave us: “Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.” Deuteronomy 31:6 (NIV).

God always leads us: “But I thank God, who always leads us in victory because of Christ. Wherever we go, God uses us to make clear what it means to know Christ. It’s like a fragrance that fills the air.”  
(2 Corinthians 2:14 GW)

God is forever and will forever be our guide. “For this God is our God for ever and ever; he will be our guide even to the end.” Psalm 48:14 (NIV)

When we feel alone, let’s remember to not make our troubles or problems bigger than they are. Instead, let’s instead turn our thoughts to thinking of how big our God is!

### GETTING GROUNDED:

What is a sentence you sometimes catch yourself saying?

How can I .....

There is no way .....

I could never .....



There is a lot of change in my world, but God never changes.

Change. I couldn't keep it from coming. In third grade, my family moved, I changed schools, and my big sister moved out. All this plus my body was changing too! It felt like too much too fast.

We can't stop change from coming, can we? I bet you have your own list of changes too. Like me, you might also be changing schools soon or experiencing changes in your body. On the other hand, your changes may be completely different. Maybe you just got a new brother or sister or you've experience something painful like having a grandparent pass away.

Each of us has our own list of things that are not going to be the same from now on.

Sometimes change is very exciting, but other times it feels scary or sad. When so many things are not staying the same, it helps me to know that there is One who will never change.

God says: "I the LORD do not change ..." Malachi 3:6 (NIV)

This verse gives me comfort. God doesn't change. His love for me keeps coming to me. His promise to be with me always never goes away.

GETTING GROUNDED:

Do you have an area in your life you wish things was different; that they would have stayed the same? Maybe it is a change that feels painful or hurts you? Your step today is to recognize that this may not get any better than it is now, but God can still help you through it. He can help you set your eyes on how He never changes and will be with you through it all.

Pray this prayer, asking God to help you count on Him to stay the same during this time when so many things change. Lord, thank you that You do not change. When I feel sad about changes in my life, help me find the comfort I need in You. Amen.

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I am a unique individual, specially created by God for a personal relationship with Him.

I remember my first day of fourth grade. As the new girl at Lincoln Elementary School, I felt lost. This school had three fourth grade classes! It was so much bigger than the small school I came from. At my old school I had lots of friends. Here, no one knew me. I felt like I was just another kid in a big school.

Sometimes you might feel like a small person in a sea of big people. It is at times like these that we have to remind ourselves that while there are a lot of people in this world, there is only one you! There is no one like you. You are unique. There is no one person on this whole planet that is exactly like you. God created you the way you are on purpose.

So if you have a thought that you want to be like her or you are wishing for something about you to be different, help yourself out! Remind yourself that from the very beginning of you, God made you amazing!

He said in Jeremiah 1:5 “Before I formed you in the womb I knew you, before you were born I set you apart ...” (NIV) Knowing that God decided how to make me and then created me to be uniquely me helps me to feel special even in a sea of people.

### GETTING GROUNDED:

What do you think of yourself? God says He accepts you, approves of you and says you are special. Do you accept and approve of yourself? Write three things you like about yourself just the way you are. If you're really brave, write six.

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