

The God Girl Journey

A 30-day guide to a deeper faith



Hayley DiMarco


Revell
a division of Baker Publishing Group
Grand Rapids, Michigan



**Hungry
Planet**

Hayley DiMarco, *The God Girl Journey*
Revell Books, a division of Baker Publishing Group, © 2013. Used by permission.

(Unpublished manuscript—copyright protected Baker Publishing Group)

© 2013 by Hayley DiMarco

Published by Revell
a division of Baker Publishing Group
P.O. Box 6287, Grand Rapids, MI 49516-6287
www.revellbooks.com

Printed in the United States of America

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—for example, electronic, photocopy, recording—without the prior written permission of the publisher. The only exception is brief quotations in printed reviews.

Library of Congress Cataloging-in-Publication Data is on file at the Library of Congress, Washington, DC.

ISBN 978-0-8007-2067-4

Unless otherwise indicated Scripture quotations are from The Holy Bible, English Standard Version® (ESV®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. ESV Text Edition: 2007

Scripture quotations labeled GW are from *GOD'S WORD*®. © 1995 God's Word to the Nations. Used by permission of Baker Publishing Group.

Scripture quotations labeled NIV are from the Holy Bible, New International Version®. NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com

Published in association with Christopher Ferebee, Literary Agent,
Corona, California.

13 14 15 16 17 18 19 Hayley DiMarco, *The God-Girl's Journey*
Revell Books, a division of Baker Publishing Group, © 2013. Used by permission.





Contents

Introduction 5

- Day 1 **Growth Requires Change** 9
Day 2 **Natural vs. Supernatural** 15
Day 3 **The Purpose of the Fruit** 21

Love

- Day 4 **Love Hurts** 25
Day 5 **The Opposite of Love** 31
Day 6 **What Is Love?** 35

Joy

- Day 7 **To Rejoice Is to Say Something** 39
Day 8 **The Opposite of Joy** 45
Day 9 **The Purpose of Suffering** 51

Peace

- Day 10 **Peace with God** 57
Day 11 **The Peace of God** 63
Day 12 **Peace with Others** 69

Patience

- Day 13 **What Is Patience?** 75
Day 14 **What Is Impatience?** 81
Day 15 **Finding Patience** 87



Kindness

- Day 16 **What Is Kindness?** 93
- Day 17 **Kindness Killers** 97
- Day 18 **Become a Grace Giver** 101

Goodness

- Day 19 **What Is Goodness?** 105
- Day 20 **Why Is It So Hard to Be Good?** 109
- Day 21 **Finding Goodness** 115

Faithfulness

- Day 22 **Faithfulness Does What Is True** 119
- Day 23 **Faithfulness Doesn't Overreact** 123
- Day 24 **Finding Faithfulness** 129

Gentleness

- Day 25 **Gentleness Trusts God** 133
- Day 26 **The Opposite of Gentleness Is Pride** 139
- Day 27 **Gentleness Is Selfless** 145

Self-Control

- Day 28 **Self-Control Denies Self** 151
- Day 29 **Controlling Yourself** 157
- Day 30 **Wrapping Up the Fruit** 161

Dictionary 165

Verse List 167



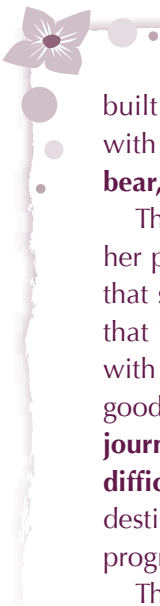


Introduction


The God Girl is forever on a journey with her Maker, her Father, her Friend. She doesn't walk alone but travels with her forever companion, God, who is the very giver of life and who never leaves her and always protects her. For the God Girl, life is all about him: his will, his mind, his Word. Everything she does is driven by the fact that she wants to love him with all her heart, soul, mind, and strength (see Mark 12:30). She wants what he wants, and she wants what we all want: a life filled with love, joy, and peace. She wants the patience to wait for life to rain down on her, showering her with the gifts of God. She sees that kindness and goodness are part of his nature and therefore knows they must be a part of her nature. All that is found in him, she wants poured into her life.

She has hopes and dreams like every other girl. She sometimes hates the things she does and does the things she hates (see Rom. 7), but she knows that he forgives it all. She is well aware of his kindness toward her in the form of grace, and she embraces it with passion as she daily fights the good fight, though she sometimes stumbles and falls.


But what makes her different from other girls is the Spirit by which she lives. See, the God Girl draws on the life of the Spirit that filled her when she said "I do" to the God of heaven—when she surrendered her life to him and began to see him as ruler of her comings and goings. The God Girl is



built to travel this world not alone but in continual contact with her God. **When life seems to be more than she can bear, God is more than she needs.** Of this she is certain.

The God Girl, then, is the girl who knows her life is God's, her plans are God's, and her journey is God's. Because of that she takes her first step each day in his direction. And that is the purpose of this little book: to help you to walk with God on the journey of life. The word *journey* is a good one to describe the walk of the God Girl because **journey refers to traveling on a long and sometimes difficult path of change and growth.**  You may have a destination in mind, but it is the journey—the day-by-day progression—that is the life of faith.

This journey that you are on will take you up and it will take you down. There will be days that seem perfect, but just as often, if not more, there will be days of testing and even suffering. The thing you must remember, if you want the pain to count for anything, is that **God's goal isn't to make you happy, it's to make you holy.** Happiness is a cheap goal for life; it implies that your journey should be easy, but that would make it ineffective. Because when life is easy, you have no need for growth or change but much room for distraction and amusement. But spiritual growth, strength, and success are found in the difficulties of life. That's why God can say, "My brothers and sisters, be very happy when you are tested in different ways. You know that such testing of your faith produces endurance. Endure until your testing is over. Then you will be mature and complete, and you won't need anything" (James 1:2–4 GW).

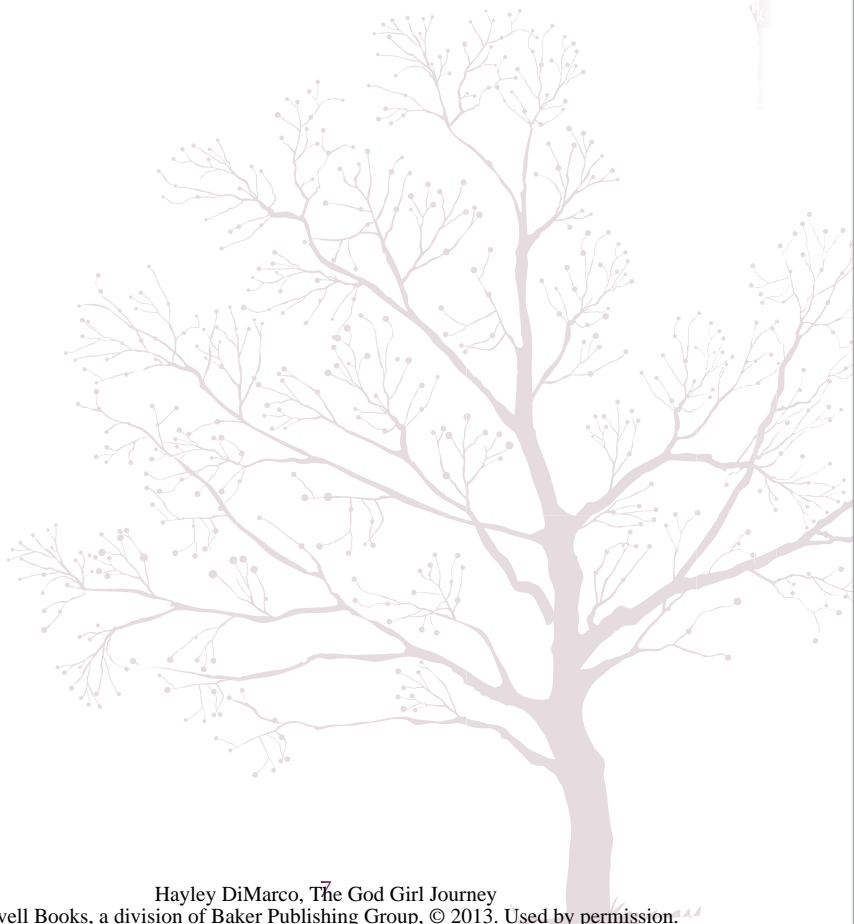


Can you imagine not needing anything but instead being mature and complete? That can be the description of your life, and it will be. In this life you will have trouble, it's guaranteed, but the God Girl can take heart because Christ has overcome



the world, and through him she can overcome as well (see John 16:33). When your life is completely identified with the life and the Spirit of Christ, then the world may attack, but you will smile. Your heart will find rest and peace, and your joy will be complete.

So let's take this journey together into the life of faith, into the life of the God Girl. On this 30-day trip you will devote each day to finding out more about God and his presence in your life.





Hayley DiMarco, *The God Girl Journey*
Revell Books, a division of Baker Publishing Group, © 2013. Used by permission.

(Unpublished manuscript—copyright protected Baker Publishing Group)



Day 1

Growth Requires Change

Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.

John 12:24

When a seed is planted, it is placed into a deep, dark hole and covered with earth. In this tomb of total darkness, the seed begins to die. It must die in order to grow. As death overtakes the seed, a new life starts to sprout from it. This sprout, knowing it must find the light, struggles upward, piercing the soil and breaking through to the glorious sun. As soon as it finds the sun, it begins to drink of it. It takes that sun and turns it into food, which in turn helps it to reach higher and higher. Over time the rain falls, the seasons change, and the little seed grows into a wispy sapling. As the sapling stretches its branches out to worship

Hayley DiMarco, *The God Girl Journey*
Revell Books, a division of Baker Publishing Group, © 2013. Used by permission.

(Unpublished manuscript—copyright protected Baker Publishing Group)



the source of its life, it grows stronger and bigger. And over time a mighty tree is formed.

So goes the process of a life developing in complete reliance on a source outside of itself in order to see growth within itself. And so goes the life grown in the Spirit. As a God Girl, your life is the result of a similar death and new birth. The death is rejecting your self in favor of the Father, saying, "I can't do this life on my own. I need a truer source." This is the symbolic burial in the dirt that leads to new life. In faith you put off your old self, which was broken and dirty, and you put on the new self, which lives by the power of the Son through the gift of the Holy Spirit (see Eph. 4:22–23). At the point when you recognized God as Lord of your life (see Rom. 10:9) and stopped trying to do it all on your own, you were given the gift of the Holy Spirit to counsel you, to comfort you, and to help you grow. This is the growth that we will be experiencing over the next 30 days: growth through the power of the Holy Spirit.

The Holy Spirit is the sun to your seed, to your sapling, and to your mighty tree. **No matter where you are in the growth process, you are growing if you are God's.** And part of that growth is change. The seed that does not change does not grow but rots. So it goes that **if God isn't changing you, then he hasn't saved you.** For the God Girl, each day gives the hope of a new sprout, a new leaf, a new branch. And each day of growth makes you more like the image of the risen Christ—that is, each day is a step toward your perfection. And in that perfection is grown the fruit of the Spirit of God who lives in the believer. The fruit of the Spirit is the overflowing nature of the Holy Spirit within you, his very nature pouring out of you into the lives of those around you in the form of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (see Gal. 5:22–23).

Your life, God Girl, was meant to be fruitful, to yield an abundance of that which is the very nature of God



himself. And so it shall be. You are not the same girl today as you were yesterday. And if you are willing to walk on the journey of abundance, then you will produce more fruit than you could possibly consume yourself, and you will yield a harvest big enough to nourish all of those around you. So let's begin this journey together. Let's dive into learning about the fruit of the Spirit and discover how it can overflow in our lives.

- **Find It**

Find the change—Change is an essential part of growth. Whether it's small or big, change happens as God works in your life. But sometimes it can be hard to see God in the stuff of life, so today I want you to consider the past. Look back and find the times when God has intervened in your life. Not sure how to do this? That's okay. It takes some practice. It goes like this: Look back and remember those things that you really wanted but never got to do or have. Then consider what good things you got or did instead. Think about the people who have come into your life too. Can you see God's handprints on them, placing them just where you needed them?

What good came from the path you ended up on? Can you see how God saved you from getting what you wanted?

If you are honest with yourself, you can find at least one point in your life where God did his work and you missed it. But collecting these moments and thanking him for his



invisible intervention is the beginning of learning to understand how God acts and seeing his hand in your life.

Looking back, what are you glad that you didn't get?

What do you see now was for your best?

Can you see a moment when God intervened in your life and saved you from something bad?

Change is an essential part of growth. Look at your life before and your life now—what change do you see? In what ways are you better today than yesterday?

There is always room for growth, but today we aren't looking at where you need to grow, just where you have already grown. Whether the change has been big or small, it's time to take note of the things God has been doing in your life. And thank him for it!



- **Pray It**

Before we end today, let's take some action of our own, shall we? Take time to pray and consider what you can do today to grow deeper in your faith.

Dear God, thank you for all of the times you have acted in my life. I'm sorry I missed them before, but I'm looking for them now. Thank you for second chances. Thanks for your forgiveness. Thanks for your Son. I love you and I'm looking for you. Amen.

- **Look and Listen**

Today, make an effort to see the hand of God and to listen to his voice—not his audible voice but the voice that whispers his holy Word into your soul. As he reminds you of a verse you've read, hear his voice. As he reminds you of his commands, listen. As you think of how he wants you to treat others, say thank you to him for speaking. And as he asks you to die to your sin nature and to live through his Spirit, say, "Yes, Lord!"

Look and listen today. See his hand in your daily life. And before you go to sleep at night, write it down.

What did God ask you to do today?

How did he reveal himself to you today?



What Scripture verse did he bring to your mind?

What part of you does he want to die that you might live?



Day 2

Natural vs. Supernatural

Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?

Galatians 3:3

The God Girl is a girl whose life is led by an invisible force: the very Spirit of God himself, who has taken up residence within her body and is guiding her, comforting her, and teaching her to live a life that overflows with the fruit of that Spirit. Without that Spirit there is no God in the girl. But with that Spirit comes everything she needs for a life filled with more than she could ever imagine.

But more often than not, life is less than overflowing.

It's more shallow than deep.

It's more empty than full.

And it's more flesh than Spirit.

When you look at the list of the fruit of the Spirit, found in Galatians 5:22–23, do you see things that are growing in abundance in your life? Are you filled with all nine fruit?



Look at them and think about how much they are evidenced in your life.

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self-control

Do you have much of this stuff in your life? Which of these fruit would you say come easiest to you? Are you naturally kind? Do you have a joyful disposition? If so, then you might see a lot of that particular fruit. But what about the fruit you don't have? Why are they lacking? If these are the fruit, or the outpouring, of the life of the Spirit in you, then why don't they *all* grow in you?

That's an important question, because this list isn't reserved for the few, the proud, and the holy. It isn't a list that you can pick and choose from as you wish either. No, it's a list that describes what happens in the life that is led by the power of the Holy Spirit. As an apple seed falls into the ground and begins to sprout, it grows into a tree that must grow apples; that's the kind of tree it is, so that's the kind of fruit it produces. And it's the same with the fruit of the Spirit: the fruit isn't a luxury for the gifted but is a natural product of the Spirit himself within your life.

The trouble comes when we think that this fruit comes from our own efforts or





nature. When we think it has to do with who we are, we get into trouble. The truth is that any fruit that comes from your “nature” is the fruit of the flesh, not of the Spirit. **The fruit of the Spirit comes from the Spirit at the expense of the flesh.** That means that if you are kind by nature, then your kindness might just be selfishness in disguise. When you are kind in order to make people like you, to keep them from hurting you, to be accepted, or to get something you want, that is the fruit of the flesh. But the fruit of the Spirit is kind when others are cruel, when kindness is dangerous or unnecessary, because the fruit of the Spirit is meant for God’s glory, not for yours. It’s meant to lead others to *him*, not to make them like you.

When you try to make yourself fruitful, you fight a losing battle, and that’s why a person who grows all nine fruit can seem so rare. It seems impossible simply because you haven’t understood that God produces the fruit, not you. He only asks for your surrender, and he’ll do the rest. You no longer have to live with just a little bit of fruit, because love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control can all be yours every day.

God saved you. And God grows you. Allow him to be the source of all the fruit in your life and lean not on your own understanding. Rely on him, and he will give you fruit in abundance.

- **Verse It**

Don’t take my word for it. When you are looking for God, when you want to know more of who he is, find out for yourself. The way to do that is by digging into his Word, the Holy Bible. In the pages of Scripture, you will find everything you need to know about him and his plans for your life. **Whatever someone says about matters of the Spirit,**



Scripture must confirm. So get busy looking things up. Find out if the stuff people are telling you is biblical or worldly. Find it in Scripture to know if what they are saying is true or false.

Today, look up God's thoughts on the fruit of the Spirit. Here are a few verses to get you started. Write them down and hide them in your heart. If you don't have a Bible with you, don't worry, just turn to the Verse List in the back of this book and look them up by day.

Galatians 5:22–23

Galatians 3:3

Philippians 1:6

Romans 7:4

• **Find It**

Take a look at the fruit in your life. Which of the nine fruit of the Spirit come most naturally to you?



Consider your motivation in each of these that naturally appear in your life. Why are they natural to you? Do they exist to protect you from rejection or failure? Do they come from parental training? Do you use them to get what you want (for example, being kind so others will like you)? Explain.

Which of the fruit are the rarest in your life? Why do you think?

- **Pray It**

Dear God, thank you for your Spirit and for revealing to me the truth that it isn't by my own strength that I grow the fruit of your Spirit. Amen.

- **Memorize It**

Memorizing God's Word feeds your soul and prepares your heart to hear him when he speaks. The more you memorize, the more quickly you respond to his voice as well. Deuteronomy 11:18 says, "Take these words of mine to heart and keep them in mind. Write them down, tie them around your wrist, and wear them as headbands as a reminder" (GW). This is God's will: that you learn his Word. So let's spend



today working on memorizing the fruit of the Spirit from Galatians 5:

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. (Gal. 5:22–23)

An easy way to remember Scripture is to make it into a song. A lot of people have done that already. You can find some of them online, or make them up yourself. Either way, the more you sing them, the quicker the words stick to your memory.

