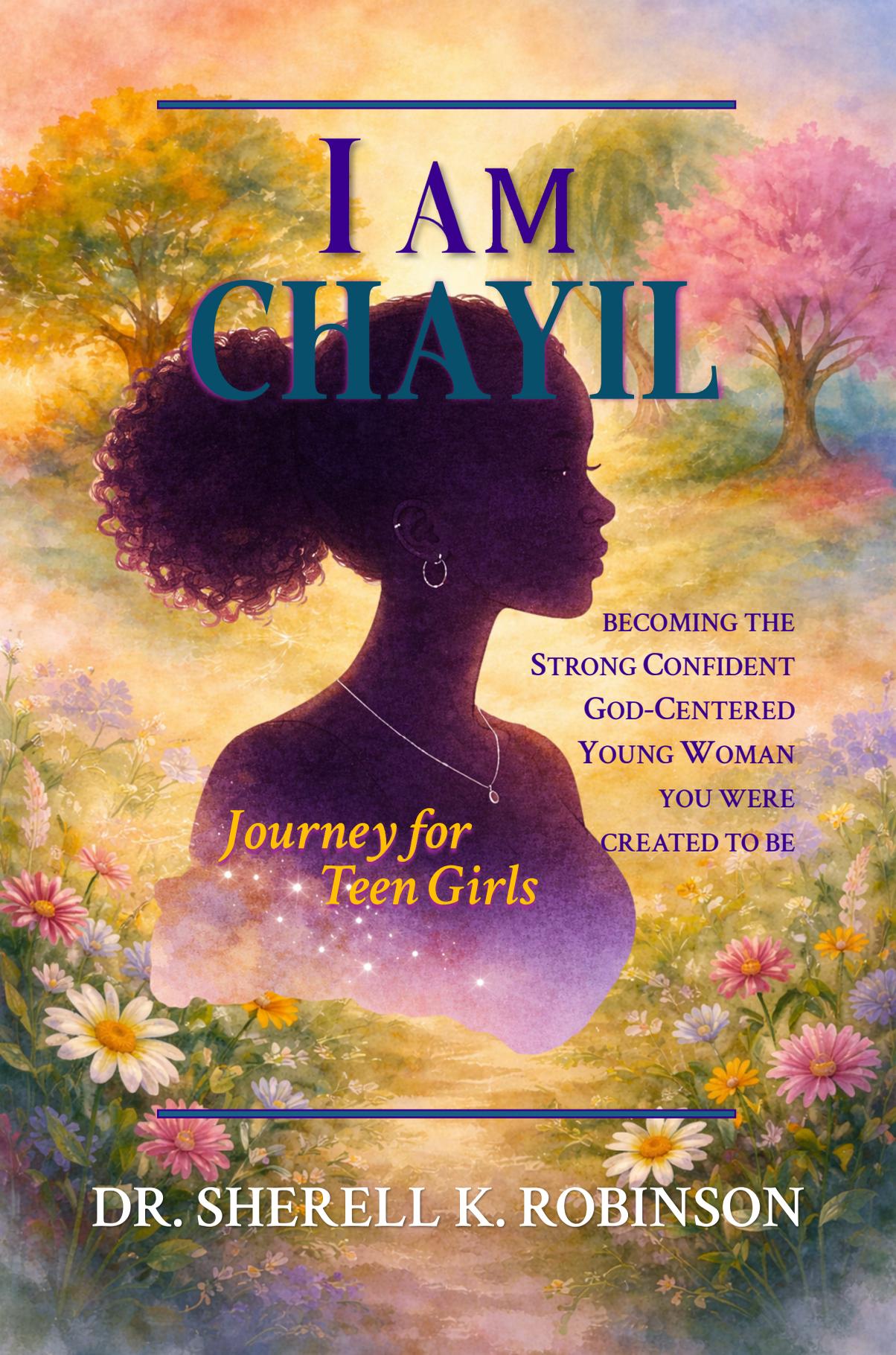

I AM CHAYIL



*Journey for
Teen Girls*

BECOMING THE
STRONG CONFIDENT
GOD-CENTERED
YOUNG WOMAN
YOU WERE
CREATED TO BE

DR. SHERELL K. ROBINSON

I AM CHAYIL

Becoming the Strong Confident God-Centered Young Woman You Were Created to Be

Journey for Teen Girls

By Dr. Sherell K. Robinson

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Other Scripture translations, when noted, are used for comparative study purposes.

Disclaimer: This devotional is designed to support spiritual growth, emotional awareness, and reflective practice. It is not intended to replace professional medical, psychological, or mental health care. Readers experiencing persistent emotional distress are encouraged to seek support from qualified professionals.

This publication serves as the doctoral capstone project in fulfillment of the requirements for the Doctor of Philosophy (PhD) degree at Elevation Life Transformation University (ELTU).

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DEDICATION

To Father God,

Our Creator who designed every girl with purpose and love;
To Christ Jesus,
Whose grace, truth, and sacrifice make new life and
freedom possible;
And to Holy Spirit,
Who guides, comforts, and gently teaches us how to walk in faith
each day.

I dedicate this book to You.

May every page reflect Your truth,
Every word point to Your light,
And every young girl's heart be strengthened
To grow, believe, and become all You have created her to be.

DEDICATION

To Apostle, Dr. Cassandra Scott—

My brilliant leader, spiritual midwife, and God-ordained coach—

Words cannot fully express what your presence has meant in my life. You have been to me what **Paul was to Timothy**—a steadfast mentor, a spiritual parent, and a vessel chosen by God to unlock the calling within me.

“I thank my God every time I remember you.” —Philippians 1:3

You have seen *before I could see*. You spoke destiny where I only saw struggle. You believed in the anointing within me when I questioned my own worth. Like Paul, you have “stirred up the gift of God” in me (2 Timothy 1:6), reminding me that purpose must be pursued with boldness, not fear (2 Timothy 1:7).

Your prayers have carried me.

Your wisdom has shaped me.

Your impartation has strengthened me.

Your covering has protected me.

As this book now comes forth, I know it is because you poured into me—relentlessly, lovingly, and prophetically. You guided me through my life’s journey with patience and divine insight, helping me walk into what God always intended.

“You have many instructors, but not many fathers” (1 Corinthians 4:15).

Yet God blessed me with a true spiritual parent—*you*.

Thank you for every late-night encouragement, every push, every correction, every prayer, and every moment you helped me rise again.

Thank you for seeing the Sherell God created—*before I ever saw her myself*.

With deepest honor, love, and gratitude,

Sherell

DEDICATION

To My Professor, Dr. Merle Ray—

With heartfelt gratitude, I dedicate this work to you.

Just as the Apostle Paul walked closely with Timothy—teaching, encouraging, and fanning the gift of God within him—you have walked alongside me with wisdom, grace, and spiritual covering.

Your prayers, guidance, and unwavering support helped ignite the gifts God placed inside me. As Paul declared, “*Fan into flame the gift of God which is in you*” (2 Timothy 1:6). Thank you for helping me do just that.

This book is a reflection of your mentorship, your encouragement, and the seeds you have sown into my life. I am forever grateful for your role in my journey and in the birthing of this assignment.

May the Lord continue to bless the work of your hands and the lives you pour into.

With deepest appreciation,

Sherell K. Robinson

I AM CHAYIL

JOURNEY FOR TEEN GIRLS

Becoming the Strong Confident God-Centered Young
Woman You Were Created to Be

Table of Contents

☀ You are Designed With Purpose.....	7
☀ Growing In Strength	17
☀ Becoming a Young Woman of Courage.....	28
☀ Your Words Carry Power.....	38
☀ Building Confidence God's Way	49
☀ Overcoming Fear, Doubt & Insecurity	59
☀ Friendships.....	75
☀ Prayer is Your Superpower	86
☀ Hearing God's Voice for Your Life.....	97
☀ Walking in Purity of Heart	106
☀ Owning Your REAL Chayil Life	115
☀ CHAYIL COVENANT	120
☀ You Are Chayil!.....	122

CHAPTER 1

You are Designed With Purpose

You are not here by accident.

YOU WERE DESIGNED WITH PURPOSE.

Before we go anywhere in this book, I want you to pause for one moment and breathe in that truth:

You are here on purpose.

Not by accident, not by coincidence, not because life just “happened”...

but because God Himself chose you to be alive in this generation.

- You were created with intention.
- You were shaped with design.
- You were formed with destiny in mind.

And even if you don't feel that way all the time, even if you're still trying to figure out who you are, I need you to hear me:

God does not make mistakes. He makes masterpieces.

You are one of them.

Fearfully and Wonderfully Made



*“I praise You, for I am fearfully and
wonderfully made.”*

— Psalm 139:14

This scripture isn't just pretty words.

It's truth about **you**.

“Fearfully” means God used great reverence, honor, and care when He formed you.

“Wonderfully” means you are unique, one-of-a-kind, and intentionally crafted.

- Not a copy.
- Not a remake.
- But a divine original.

From the shape of your smile to the depth of your thoughts...

From your gifts to your personality...

From your strengths to the things you're still growing in...

Every part of you is woven with purpose.

The Chayil Identity Inside You

You may have heard the word **Chayil** for the first time in this book. “Chayil” is a Hebrew word that means:

- Strength
- Valor
- Excellence
- Might
- Virtue
- Purpose
- Power

A Chayil girl is not perfect — she is **becoming**.

She is learning, growing, and rising into the young woman God created her to be.

Being Chayil is not about what you look like on the outside; it is about who you are on the inside.

It is the way you love.

The way you think.

The way you speak.

The way you trust God.

The way you get back up again when life knocks you down.

The way you choose courage over fear.

The way you walk as a daughter of the King.

You are a **Young Chayil Woman in training**, and this book will walk you through discovering the greatness inside you.

You Are Becoming the Woman You Were Born to Be

Right now, you might be trying to figure out:

- Who am I really?
- What is my purpose?
- What does God want from me?
- Why do I feel strong some days and unsure other days?
- How do I grow into the woman I'm supposed to be?

If any of those questions are in your heart, you are not alone. Every woman of God you've ever read about — Deborah, Ruth, Esther, Mary, Hannah — they all had moments where they had to **grow into their calling.**

None of them started fully confident.

None of them began as the hero of their story.

They grew into who God called them to be — step by step, challenge by challenge, moment by moment.

Just like you will.

See Yourself Through God's Eyes

One of the biggest challenges for teen girls today is identity.

You are surrounded by voices:

- Social media telling you what “beauty” should look like
- Friends changing, growing, and sometimes leaving
- Your own expectations
- Fear of not being enough
- Pressure to fit in
- Pressure to stand out
- Pressure to be perfect

But God's voice cuts through all of that noise with one truth:

“You are mine.”

You belong to Him.

You are loved by Him.

You are defined by Him.

You are strengthened by Him.

You are guided by Him.

Your identity is rooted in something deeper than trends, opinions, or comparison.

When God looks at you, He sees:

- Potential
- Beauty
- Strength
- Wisdom
- Courage
- Purpose
- Destiny

Even if you don't see it yet.

My Purpose in Writing You This Book

As we begin this journey, I want you to know something from my heart:

My assignment is to help you see yourself the way God sees you.

I am here to:

- ✦ Restore your vision of yourself;
- ✦ Strengthen your confidence;
- ✦ Help you discover your identity;
- ✦ Build your spiritual walk;
- ✦ Guide you into becoming the woman God designed;
- ✦ Speak life into your purpose;
- ✦ Show you examples of real Chayil women;
- ✦ Teach you how to grow strong — mentally, spiritually, and emotionally.

By the end of this book, you will not be the same girl you were when you started.

- ✦ You will walk with more confidence.
- ✦ You will think differently about yourself.
- ✦ You will speak differently about your purpose.
- ✦ You will begin to recognize the power God placed in you.

This Is a Journey We Will Walk Together

You are not walking this journey alone.

You have:

-  **This book**
-  **God's presence**
-  **Your heart ready to grow**
-  **Your future waiting on you**
-  **Strength growing inside you**
-  **Revelation ahead of you**

We're going to learn, grow, stretch, and rise — together.

Yes, there will be moments in this book where I challenge you.

Yes, you will have to reflect, journal, think, and be honest with yourself.

Yes, you will have to face some areas where God wants you to grow.

Yes, you will be encouraged, uplifted, and strengthened.

But through it all, I want you to know:

- I believe in you.**
- God believes in you.**
- He created you with greatness inside.**

And it's time for you to see it for yourself.

CHAYIL TRUTH

“I was designed with purpose, and I am becoming the woman God created me to be.”

ACTIVITIES



Stand in front of a mirror — right now or later today.

Look at your reflection and repeat these words aloud:

“I was designed with purpose.

I am fearfully and wonderfully made.

God created me with intention.

There is greatness inside of me.”

Say it until you feel it.



Take a moment to reflect:

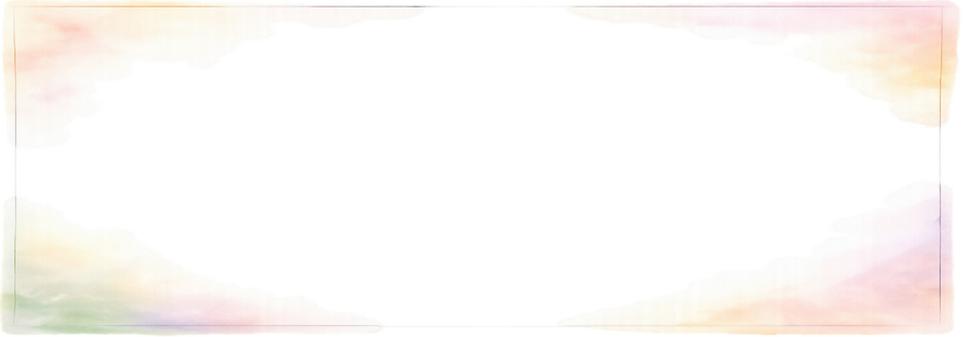
 What is one thing I love about myself?

A large, empty rectangular box with a white background and a thin, light-colored border. The top and bottom edges of the box are decorated with soft, watercolor-style washes in shades of yellow, orange, pink, and purple, matching the page's theme.

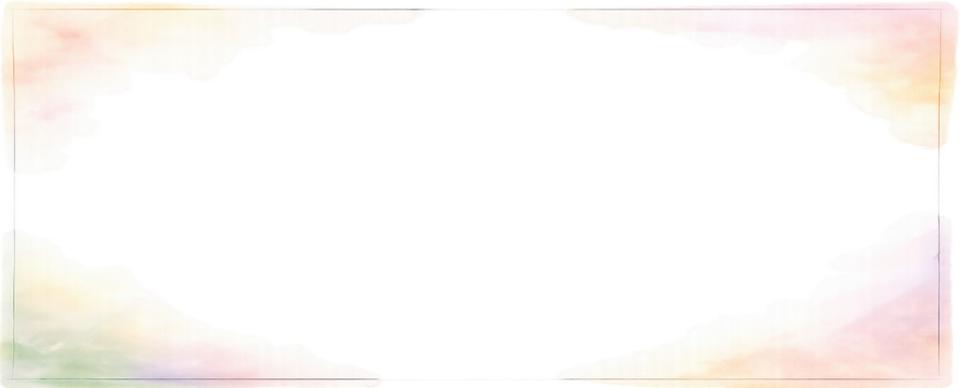
 What is one thing I want God to help me grow in?

A large, empty rectangular box with a white background and a thin, light-colored border. The top and bottom edges of the box are decorated with soft, watercolor-style washes in shades of yellow, orange, pink, and purple, matching the page's theme.

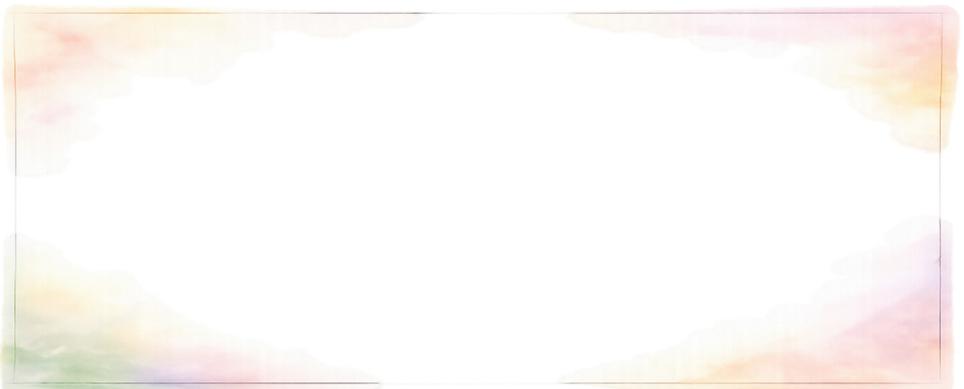
■ What do I think God sees when He looks at me?



■ What does “purpose” mean to me right now?



■ What kind of woman do I hope to become?





Growing In Strength

Spiritual, Mental & Emotional Power

Strength is not something you are born with fully formed — it is something you grow into day by day. Just like you grow taller, grow wiser, and grow in confidence, your **Chayil strength** grows with you. And the beautiful part is this:

God never expects you to be strong on your own.

He gives you strength from the inside out.

As a young woman rising into your purpose, you must learn three dimensions of true strength:

- ✦ **Spiritual strength**
- ✦ **Mental strength**
- ✦ **Emotional strength**

When these three grow together, you become unstoppable in God.

Let's walk through each one — slowly, honestly, and powerfully.

Spiritual Strength

— The Foundation of a Chayil Girl

Your spiritual strength is not about being perfect or having all the answers.

It's about learning to:

- Trust God
- Talk to Him
- Listen to Him
- Obey Him
- Walk with Him

Just like the heroes of the Bible, your strength comes from your relationship with God. Let's look at **Deborah**, because she is one of the clearest pictures of a Chayil woman in Scripture.

BIBLICAL EXAMPLE:

Deborah: A Woman Who Led from God's Strength

Deborah was a judge, a prophetess, a leader, and a bold woman of courage. She didn't rise because she was the loudest or the strongest physically. She rose because she **heard God, trusted God, and believed God.** (See *Judges chapters 4–5*)

Her strength came from:

- Wisdom
- Obedience
- Prayer

- God's voice
- Confidence in God's promise

Deborah teaches us this truth:

When God speaks, strength rises.

You don't have to be loud to be strong.

You don't have to be perfect to be strong.

You just have to be willing to listen and follow God's leading.

Mental Strength

— Training Your Thoughts to Align With Truth

Mental strength is the ability to guard your mind, discipline your thoughts, and choose truth when lies try to take over.

Many teens face:

- Anxiety
- Self-doubt
- Overthinking
- Fear
- Comparison
- Negative self-talk

BIBLICAL EXAMPLE:

Mary Magdalene: The Woman Whose Heart, Mind, and Soul Turned to God.

Mary Magdalene’s life shows us what mental strength really looks like. Before she met Jesus, darkness defined her — but afterwards, freedom did. Mary had carried deep pain, confusion, and emotional struggles that affected the way she thought about herself and her life. When Jesus healed her, it wasn’t just her body or emotions that changed—it was her mind, her heart, and her emotions. Instead of believing she was broken, unworthy, or defined by her past, Mary chose to believe what God said about her. She followed Jesus, learned from Him, and stayed close to Him even when others walked away.

Mary Magdalene’s story shows us that mental strength begins with mental **freedom**. Her changed life teaches us that mental strength grows when we let God remove what weighs on our minds and replace it with peace, purpose, and truth. Mary’s life reminds us that no darkness is stronger than God’s light, and healing can change the way you think, feel, and see yourself forever.

God wants you to:



“Be transformed by the renewing of your mind.” — Romans 12:2

Renewing your mind means training it like a muscle.

You can become mentally strong when you learn to:

- Challenge negative thoughts.
- Replace lies with Scripture.

- Think before reacting.
- Choose peace over panic.
- Speak life to yourself.

Mental strength is not about never struggling — it's about never surrendering to the struggle.

Emotional Strength

— Learning to Feel Without Being Overwhelmed

Emotional strength is not about pretending you're okay when you're not. It's about:

- Being honest with your feelings
- Processing emotions in healthy ways
- Asking for help when needed
- Learning self-control
- Practicing forgiveness
- Developing resilience
- You become emotionally strong when you learn to bend without breaking.

Ruth is one of the greatest examples of emotional strength in the Bible.

BIBLICAL EXAMPLE:

Ruth: A Woman Who Stayed Strong in Hard Seasons

Ruth lost her husband who had taken sick and died. She then moved to a new land and had every reason to give up... but instead, she showed up for herself. She even helped to take care of her mother-in-law, Naomi, whose husband had also died. Because of Ruth's willingness to learn from Naomi during those tough times, Jesus' ancestral lineage came through her new marriage to an honorable wealthy man, Boaz. In Ruth's dedication to Naomi, she shows us:

- Loyalty
- Courage
- Humility
- Service
- Faith
- Determination

She trusted God even when everything around her was uncertain.

That is emotional strength.

And that same strength lives inside you.

Physical Strength

— Caring for Your Body and Temple

Your strength also shows in how you take care of the body God gave you.

You don't have to be an athlete to be strong physically.

You just have to learn:

- Healthy habits

- Good boundaries
- Rest
- Self-care
- Respect for your body

A Chayil girl honors her temple — not because of beauty standards, but because **God lives in her.**

What Real Chayil Strength Looks Like

- Showing up when it's easier to hide
- Praying when you feel discouraged
- Getting back up when life knocks you down
- Saying “I’m sorry” when needed
- Making wise choices
- Standing firm in your faith
- Being kind when others are not
- Trusting God with the unknown

Strength is not perfection — it is **progress.**

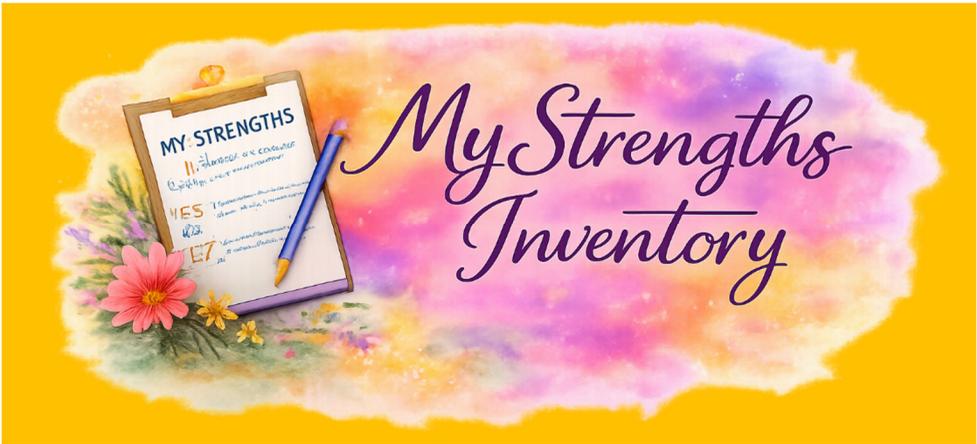
Strength is not loud — it is **steady.**

Strength is not about having no fears — it is trusting God **in spite of them.**

CHAYIL TRUTH

“I honor my body – not because of popular beauty trends, but because God lives in me.”

ACTIVITIES



On the next page, pick (1) of these things to write or draw about:

1. **Three things I'm good at**
2. **Three things I want to get better at**
3. **One area I want God to strengthen in me**
4. **One Chayil woman from the Bible I relate to and why**

Be honest. God can only grow what you are willing to reveal.

3 Things I'm Good at:

3 Things I Want to Get Better at:

**1 Thing I want God to Strengthen in
me:**

**One Chayil Woman from the Bible I
Relate to and Why?**



Take a moment to reflect:

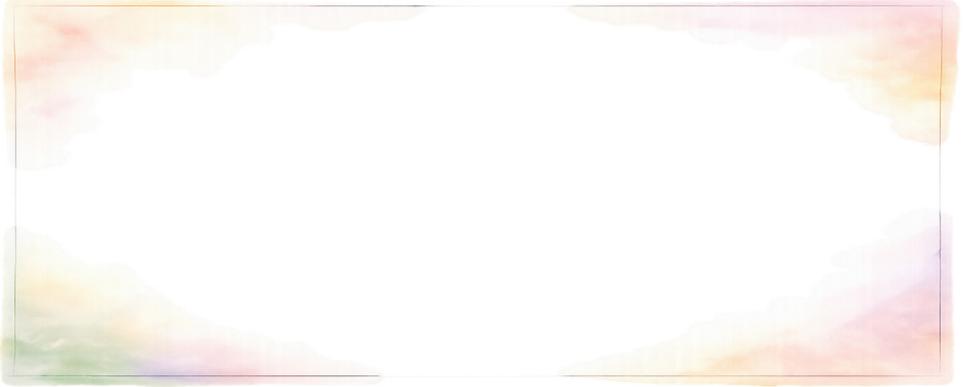
 When do I feel spiritually strong?

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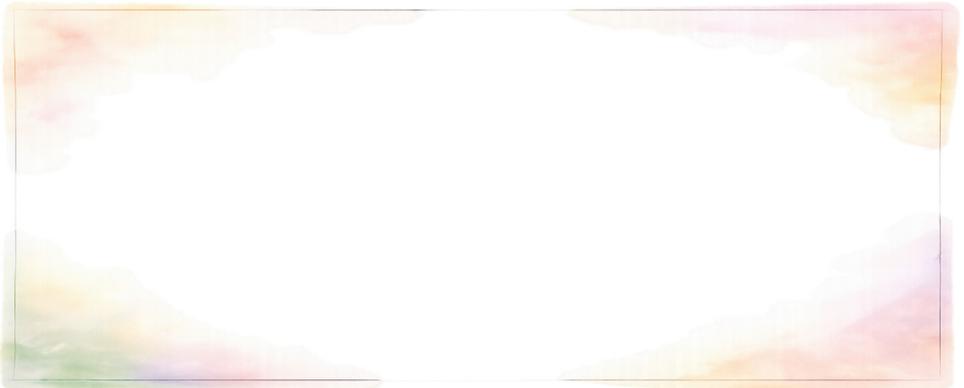
 What thought patterns do I want to stop believing?

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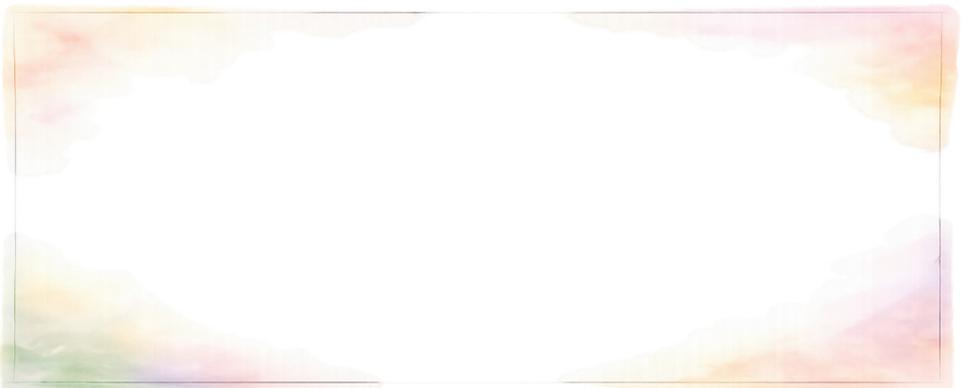
What emotions do I need God to help me handle better?



What strength do others see in me that I sometimes overlook?



What is one way I can practice strength this week?



Becoming a Young Woman of Courage

Courage is present even when you are afraid.

Courage is not something you wait to feel — it's something you decide to walk in. It's the spark that rises in your heart when fear or something bothersome tries to shut you down. It's the whisper of God saying, "*I am with you,*" even when everything in you wants to run.

Courage is not the absence of fear. It is the choice to **move forward** even when fear or something else like doubt or insecurity try to hold you back.

As a young Chayil woman, you are called to walk boldly — not because life is easy, but because God is faithful.

Let's explore what that courage looks like.

What Courage Really Is

Courage is choosing to:

- Speak up when you want to stay quiet.
- Stand firm when pressure pushes you to compromise.
- Try again when you've already failed.
- Say "no" when everyone else is saying "yes."
- Say "yes" when God is calling you deeper.
- Be yourself in a world that pushes you to be someone else.
- Trust God beyond what you can see.

True courage grows in the heart of a girl who knows she is loved and protected by her Heavenly Father.

Courage Doesn't Always Feel Big

Sometimes it's quiet. Most people think courage looks loud and dramatic. But in real life, especially for teens, courage often shows up quietly. Courage looks like:

- Walking away from gossip
- Setting boundaries in friendships
- Saying "I'm not comfortable with that"
- Admitting when you're wrong
- Asking God for help
- Being honest about your emotions
- Raising your hand in class even when you're nervous
- Being kind when others are rude
- Starting over after a setback

Small courage leads to big courage.
Courage practiced becomes courage lived.

BIBLICAL EXAMPLE:

Esther:

The Teen Girl Who Changed a Nation

Most people forget this important fact:

Esther was a teenager when she saved her people.

She wasn't a queen her whole life.

She wasn't always confident.

She wasn't raised to be a hero.

She wasn't born into royalty.

Esther was a girl — young, unsure, and learning —
yet God positioned her to make a difference. Her Uncle Mordecai
told her:



*“Who knows if perhaps you were made queen
for such a time as this?” — Esther 4:14*

He wasn't just giving advice...he was speaking destiny into her life.
Esther teaches us:

- ✦ Courage is sometimes quiet.
- ✦ Courage is prayerful.
- ✦ Courage is wise.
- ✦ Courage is humble.

✦ Courage trusts God’s timing.

✦ Courage is choosing purpose over fear.

And when the moment came, Esther said:

“If I perish, I perish.” — Esther 4:16

That wasn’t drama.

That was courage — a teenage girl choosing faith over fear.

If Esther could do it, so can you.

Courage in Your World

You may not be facing a king or saving a nation, but courage is still needed in **your world** — every single day.

Here are moments where courage counts for you:

- ✦ Choosing friends who build you up
- ✦ Speaking respectfully to your parents or guardians
- ✦ Choosing not to follow trends that don’t honor God
- ✦ Walking away from a toxic relationship
- ✦ Standing for truth when it’s unpopular
- ✦ Praying aloud
- ✦ Using your gifts even when people don’t understand them
- ✦ Trusting God with your future

Courage doesn’t start on a stage — it starts in your heart.

How to Walk in Courage Every Day

Here are three powerful steps to becoming more courageous:

Step 1 — Pray about what bothers you.

Courage begins with honesty.

Tell God exactly how you feel.

He strengthens what you surrender.

Step 2 — Take small brave steps.

Courage is built one moment at a time.

One decision.

One boundary.

One yes.

One no.

One prayer.

One step.

Step 3 — Remember you are not alone.

Courage grows when you know God walks with you.

His presence is the shield around your heart.

His Spirit is the strength within you.

His Word is the anchor beneath you.

You never face anything by yourself.

CHAYIL TRUTH

“Courage lives in me because God lives in me.”

ACTIVITIES



This activity helps you practice courage **one step at a time**.

👉 **STEP 1: NOTICE WHERE YOU FEEL BOTHERED OR UNEASY**

Signals of irritability, fear, or anxiousness often show up in your body before they show up in your thoughts. *Check all that apply:*

- My stomach feels tight.
- My heart races.
- My chest feels heavy.
- I avoid certain situations.
- I stay silent even when I want to speak.
- I overthink everything.

👉 STEP 2: CHOOSE ONE SMALL BRAVE STEP

You don't need to be perfect.

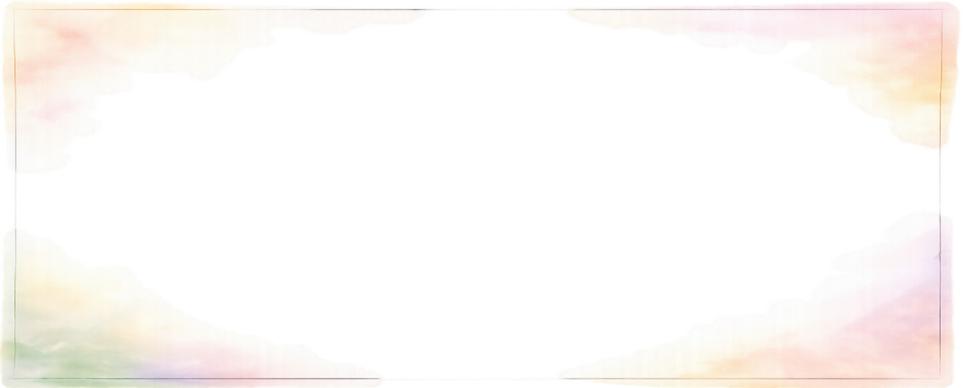
You just need to be willing.

Choose **one small action** you can take this week:

Examples:

- Ask one question in class.
- Speak up once.
- Try something new.
- Say no when you need to
- Walk away from negativity.
- Ask for help.

My small brave step is:



♥ STEP 3: REMIND YOURSELF

Before you take your brave step, say or write this:

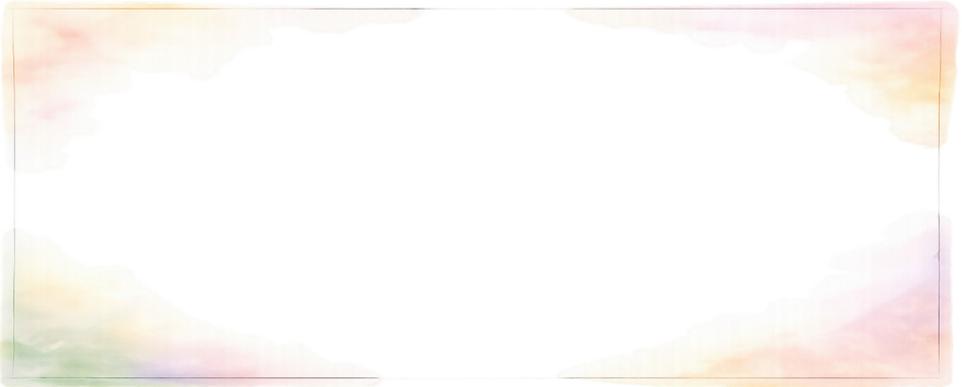
“I don’t have to be perfect to be brave.”

“God, walk with me as I take this step.”

★ STEP 4: REFLECT

After you take your brave step, answer this question:

How did it feel to choose courage, even in a small way?



CHAYIL TRUTH

“My Courage is growing one step at a time.”



Take a moment to reflect:

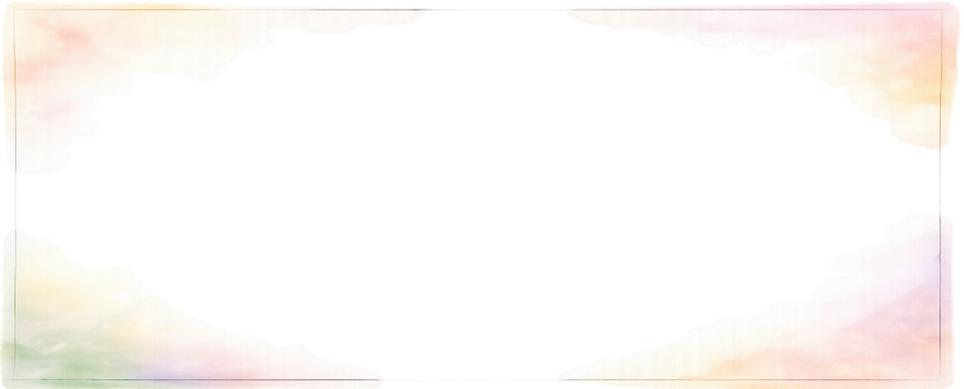
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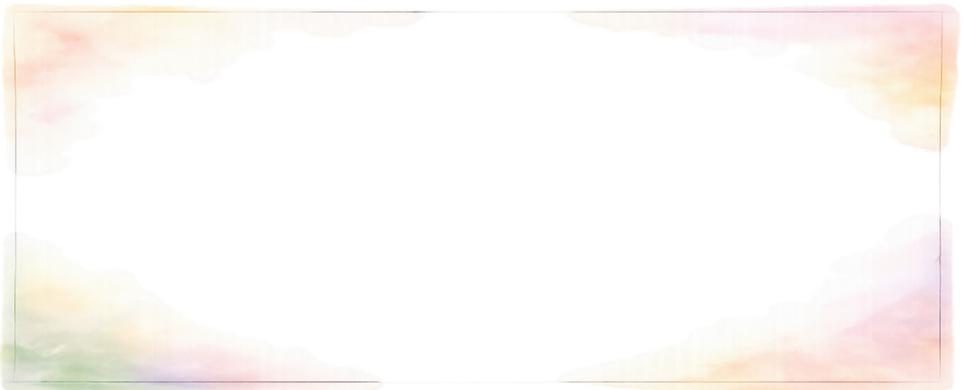
■ What is one area where I want to be more brave?

A large rectangular box with a watercolor border in shades of yellow, orange, pink, and purple. The interior is white, providing space for writing a reflection.

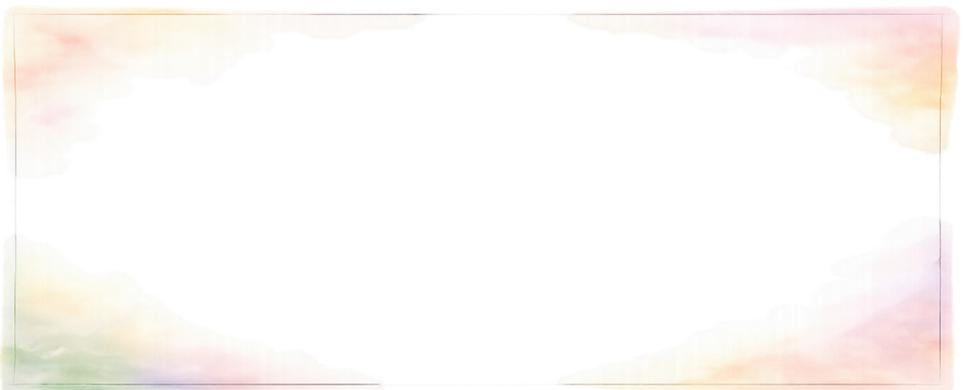
■ Which Bible woman inspires my courage?



■ What is one courageous step I can take this week?



■ What would my life look like if I trusted God with everything?



Your Words Carry Power

Your words are not small.

Your voice is not weak.

Your mouth is not ordinary.

Everything you speak carries weight — because you were created in the image of the God who **spoke the world into existence.**

You may not realize this yet, but every day you are shaping your life with the words you choose. Words are seeds. Words are building blocks. Words are spiritual tools. Words create atmosphere.

And as a young Chayil woman in training, you must learn this truth early:

Your words have the power to shape your identity, your confidence, your friendships, your future, and your faith.

Let's learn how to use that power wisely.



“Life and death are in the power of the tongue.”

— Proverbs 18:21

This means your words can:

- Build confidence.
- Strengthen your faith.
- Heal your heart.
- Encourage others.
- Change your mindset.
- Shift your atmosphere.

But they can also:

- Tear down your own self-worth.
- Hurt others.
- Create insecurity.
- Feeding fear
- Give power to lies.

Every word you speak is either building **life** or building **destruction**.

A Chayil girl learns to choose life.

What You Say About YOURSELF Matters Most

Believe it or not, the most powerful words in your life are **your own words about yourself.**

If you keep saying things like:

"I'm not good enough."

"No one likes me."

"I always mess up."

"I'm ugly."

"I'm stupid."

"I can't do it."

Your heart will start believing it.

Your mind will start repeating it.

Your actions will start reflecting it.

But when you say:

"I am strong."

"I am chosen."

"I am loved."

"I am growing."

"I am confident."

"God is with me."

You train your heart to rise.

You teach your mind to trust God.

You create a future built on truth, not fear.

What You Say to OTHERS Is a Reflection

Your Words are Who You Are Becoming!

A Chayil girl is not just strong in private — she is strong in how she speaks to others. Middle and high school can be full of:

- Gossip
- Sarcasm
- Drama
- Cliques
- Hurtful comments
- Judging
- Jealousy
- Silent treatment
- Social media shade

But this is where you are different. You are not average. You are not here to tear others down. You are here to **rise above** the noise.

A Chayil girl:

- Speaks kindly
- Encourages
- Compliments sincerely
- Refuses to gossip
- Protects others' feelings
- Says the truth in love

- Stands up for what's right
- Speaks peace, not drama

Your words can be a safe place for others — or a weapon.
Choose to be a safe place.

What You Say to GOD Opens Your Spirit

Prayer is not fancy words. Prayer is not long speeches. Prayer is not saying everything perfectly. Prayer is simply your words spoken to God. He hears:

- Whispers
- Tears
- Silent thoughts
- Honest prayers
- Broken prayers
- Short prayers
- Long prayers

Your words in God's presence strengthen your spirit.
They open doors of peace, joy, healing, and wisdom.

Never believe your prayers are too small for God to care about.
He treasures every word that comes from your heart.

Your Internal Voice — The Conversation No One Hears

There is another category of words that matter deeply:

The words you say in your mind — your self-talk.

You may not speak them aloud, but they shape your mood, your confidence, and your identity.

Self-talk happens when you say things to yourself like:

“Everyone is judging me.”

“I’m not smart enough.”

“No one understands me.”

“Why do I even try?”

“I’ll never change.”

These internal conversations shape your reality.

But you can train your inner voice to speak truth.

Whenever a negative thought comes, replace it with Scripture.

For example:

LIE: *“I’m not enough.”*

TRUTH: *“I am God’s workmanship.” (Ephesians 2:10)*

LIE: *“I’m alone.”*

TRUTH: *“God will never leave me.” (Deuteronomy 31:6)*

LIE: *“I can’t do this.”*

TRUTH: *“I can do all things through Christ.” (Philippians 4:13)*

This is how a Chayil girl speaks — inwardly and outwardly.

Speaking Like a Chayil Woman-in-Training

Here are seven habits of a girl who speaks with purpose:

- She thinks before she speaks.
- She speaks the truth.
- She apologizes when needed.
- She refuses to gossip.
- She chooses words that lift others up.
- She encourages herself with Scripture.
- She speaks boldly in prayer.

This is how you walk in the power of your voice.

BIBLICAL EXAMPLE:

Hannah — A Woman Whose Words Carried Destiny

Hannah was hurt, disappointed, misunderstood, and heartbroken. But she did something powerful with her words. She took them to God. Her prayer didn't sound strong. She cried. She whispered. Her lips moved but no sound came out. But those quiet, hurtful words shifted her entire future. Her son became the prophet Samuel — one of the greatest leaders in the Bible. Hannah teaches us:

- ✦ Your words matter more than your circumstances.
- ✦ God hears the words no one else hears.
- ✦ Prayer changes everything

Your voice carries destiny — even when it trembles.

CHAYIL TRUTH

“My words carry power, and I choose to speak life.”

ACTIVITIES



Write down 10 words that describe the girl you **want to become**, such as:

- Brave
- Kind
- Confident
- Wise
- Loving
- Patient
- Strong
- Creative
- Faithful
- Joyful

Then write one sentence using each word, for example:

“I am brave because God strengthens me.”

“I am wise because God gives me understanding.”

Come back to this list and speak it aloud whenever you need to remind yourself who you’re growing into.

Write your own 10 ‘Power Words’



Take a moment to reflect:

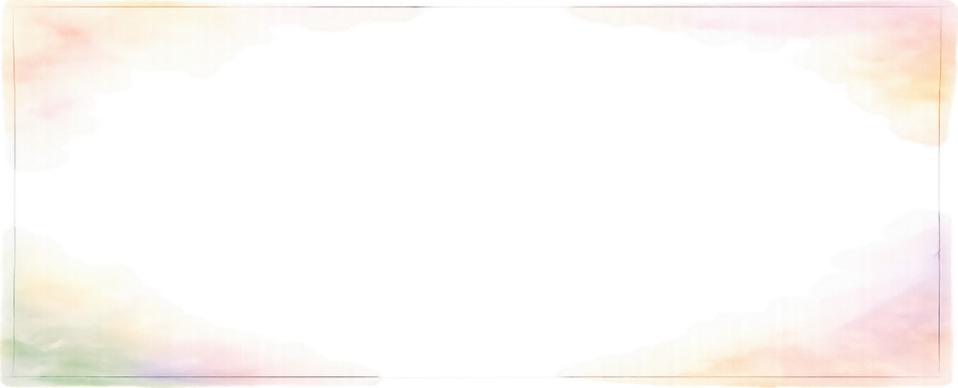
■ What negative words do I need to stop saying about myself?

A large, empty rectangular box with a watercolor border in shades of yellow, orange, pink, and purple. It is intended for writing answers to the first reflection question.

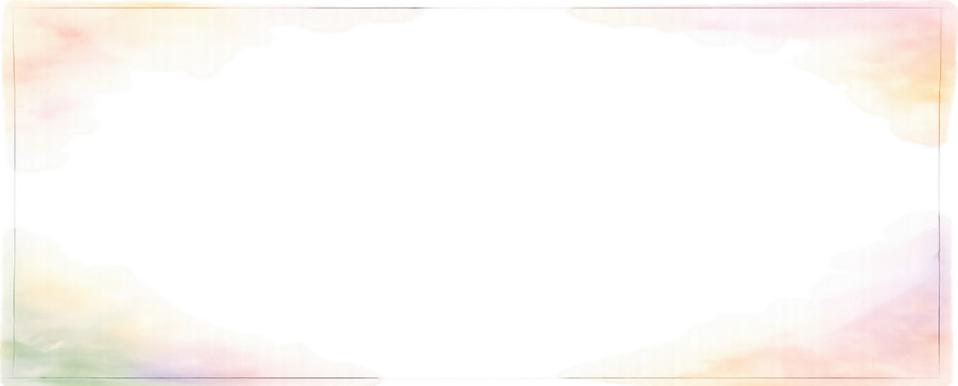
■ What are three helpful things I can start saying instead?

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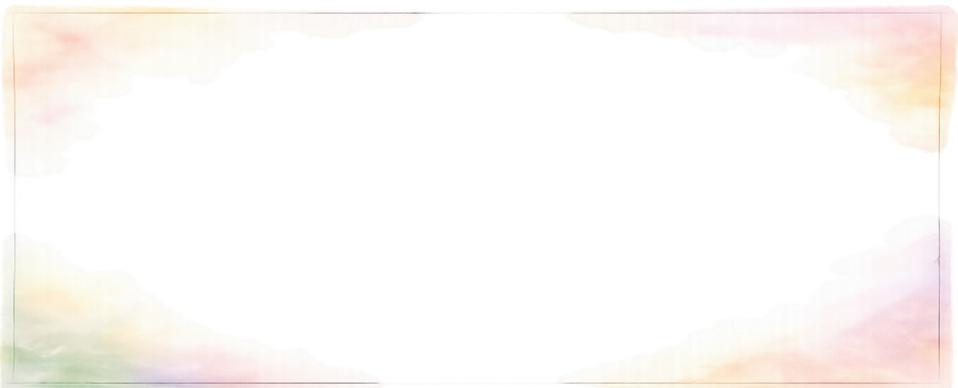
■ Which relationships in my life need my words of kindness?



■ What's one thing I want God to change about how I speak?



■ How can I use my voice to bring life at school, at home, and online?



CHAPTER 5 —

Building Confidence God's Way

Confidence comes from the inside out.

Confidence doesn't start with how you look. It doesn't start with your grades. It doesn't start with popularity, talent, or what other people think. True confidence begins in **your identity** — in knowing *who you are* and *whose you are*.

Godly confidence is not loud or arrogant.

It is quiet, grounded, secure, and unshakeable.

It is the kind of confidence that says:

“I know who God created me to be, and I refuse to shrink, hide, or apologize for it.”

In this chapter, you're going to learn how to build confidence from the inside out — the Chayil way.

Confidence Begins With Identity, Not Image

Many girls try to build confidence on:

- Hairstyles
- Fashion
- Makeup
- Likes and comments
- Friend groups
- Achievement
- Looks
- Attention

But these things change. They come and go. They shift with seasons and phases. They fade as fast as trends do. Identity, however, is different. Identity is who you are **before the world labels you**. It is who God says you are. It is the truth beneath all the opinions on the surface. God's Word says:



“You are God’s masterpiece.”

— Ephesians 2:10

This means:

- ✦ You were intentionally created
- ✦ You were designed with purpose
- ✦ You are valuable
- ✦ You are unique
- ✦ You are loved deeply

When you know this, confidence rises naturally.

Confidence Grows When You Stop Comparing Yourself to Others

Comparison is one of the biggest confidence killers for teen girls.

Comparison whispers:

“She’s prettier.”

“She’s smarter.”

“She has more friends.”

“She’s more talented.”

“She’s more liked.”

And suddenly you forget your own greatness. But here’s a truth that will set you free: **God never needed you to be like anyone else.**

The world already has them. The world needs ***you***.

Your voice.

Your smile.

Your personality.

Your gifts.

Your ideas.

Your strength.

Your story.

Your journey.

Comparison blinds you to your own potential. Confidence opens your eyes again.

Confidence Comes From Knowing You Are Becoming, Not Already Finished

Confidence grows when you accept this truth:

CHAYIL TRUTH

“I am a work in progress and that is okay.”

You don't have to have it all together.

You don't need to know everything yet.

You are allowed to grow.

You are allowed to learn.

You are allowed to evolve.

You are allowed to make mistakes.

Confidence comes from:

- Showing up
- Trying again
- Learning
- Growing
- Rising

You are becoming the woman God designed — and becoming always takes time.

The Enemy Attacks Confidence Because He Fears Your Destiny

The enemy doesn't fight girls who have no purpose.

He fights:

- Your identity
- Your voice
- Your worth
- Your future
- Your calling
- Your influence

Because he knows that if you stand in who you are, you will be powerful. Your insecurity is his strategy. Your confidence is your weapon. When you rise in confidence, you don't just feel better — you step into spiritual territory the enemy wants to keep you out of.

What Godly Confidence Looks Like

A confident Chayil girl:

- ✦ Looks people in the eyes
- ✦ Speaks with kindness and boldness
- ✦ Knows her worth
- ✦ Sets boundaries
- ✦ Doesn't settle for anything beneath her identity
- ✦ Uses her gifts instead of hiding them
- ✦ Stands firm in her faith
- ✦ Practices self-respect
- ✦ Walks away from negativity
- ✦ Does not shrink in the presence of others

- ✦ Knows she deserves healthy friendships and relationships
- ✦ Gives herself grace

Confidence is not pride. Confidence is knowing you belong to God.

BIBLICAL EXAMPLE:

Mary, the mother of Jesus — Confidence in Calling

Mary was a teenager when the angel appeared to her.

She had every reason to feel:

- Afraid
- Unqualified
- Inexperienced
- Unworthy

And yet she responded with confidence that came from God:



“Be it unto me according to Your word.”

— Luke 1:38

Mary didn’t brag.

She didn’t argue.

She didn’t shrink back.

She stood in her identity and accepted her call.

Godly confidence doesn’t brag.

It simply says,

“I agree with what God says about me.”

How to Build Confidence

Here are four powerful steps to build confidence God's way:

Step 1 — Know who you are in God.

Spend time in the Word.

Write Scriptures about identity.

Speak them over yourself daily.

Step 2 — Know your strengths.

You have gifts.

You have talents.

You have something special.

Honor what God placed in you.

Step 3 — Know your boundaries.

A confident girl knows what she will and will not accept:

“I don't talk to myself like that.”

“I don't gossip.”

“I don't settle for disrespect.”

“I don't compromise my values.”

Step 4 — Know your voice.

Your words matter.

Your ideas matter.

Your story matters.

Speak up.

Share your thoughts.

Express your creativity.

Confidence grows when you use what God gave you.

CHAYIL TRUTH

“My confidence comes from God, and I walk boldly in who He created me to be.”

ACTIVITIES



Stand in front of your mirror and speak these declarations:

- *“I am enough because God made me enough.”*
- *“I am growing into a strong Chayil woman.”*
- *“I am confident because God is with me.”*
- *“I am beautiful inside and out.”*
- *“I will not compare myself to others.”*

Say them until you feel them. Say them until you believe them. Say them until confidence rises inside you.



Take a moment to reflect:

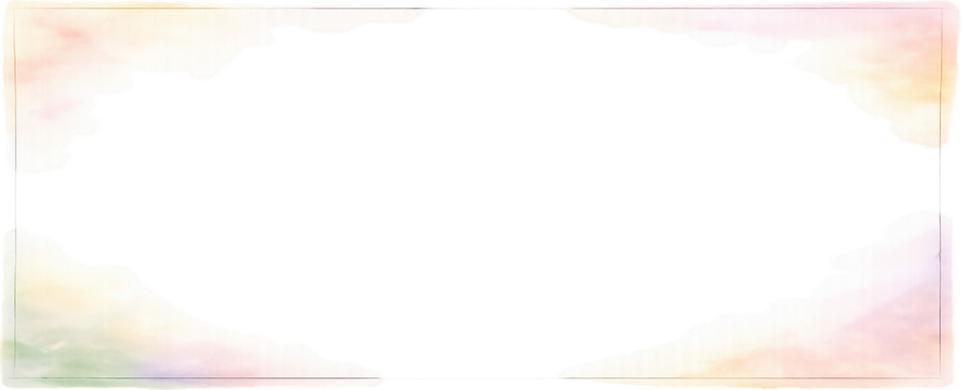
 What is one thing I like about my personality?

A large rectangular box with a watercolor border in shades of yellow, orange, pink, and purple. The interior is white, providing space for writing a reflection.

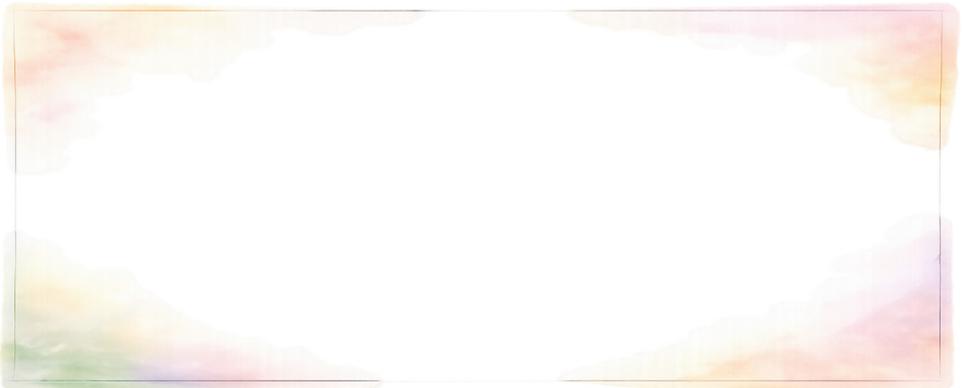
 What is one insecurity I want God to help me with?

A large rectangular box with a watercolor border in shades of yellow, orange, pink, and purple. The interior is white, providing space for writing a reflection.

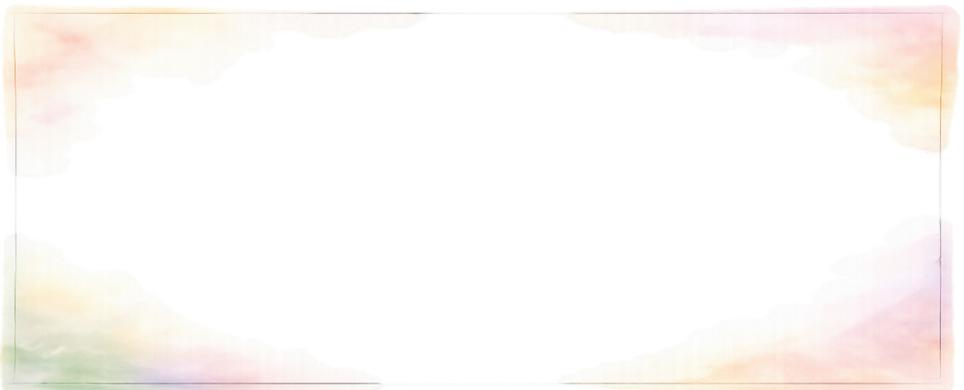
■ When do I feel the most confident?



■ What does godly confidence mean to me personally?



■ What lie about myself do I need to replace with truth?



Overcoming Fear, Doubt & Insecurity

Giants are no match for God!

Every teenager wrestles with fear, doubt, and insecurity at some point, even boys.

Girls sometimes feel these emotions often — even the girls who seem confident on the outside. The enemy loves to attack girls with fear because **fear freezes destiny**. He attacks with doubt because **doubt clouds identity**. He stirs insecurity because **insecurity hides potential**. But get this:

CHAYIL TRUTH

God did not create you to live trapped by fear, weakened by doubt, or controlled by insecurity.

You were created to rise above them. You were created to walk boldly. You were created to live as a Chayil daughter — strong, courageous, and confident in God.

The three giants of fear, doubt, and insecurity try to make you forget what you already know.

But girls, you remember the truth!

CHAYIL TRUTH

You are created on purpose, and your life matters to God.

Let's breakdown each of these giants one-by-one so you can learn to easily identify their tricks. Then you can rise above them.

Fear — The Enemy's Favorite Weapon

Fear whispers:

"You can't do it."

"You're not good enough."

"What if you fail?"

"What if people judge you?"

Fear tries to stop you:

- From praying
- From trying
- From using your gifts

- From speaking up
- From being yourself
- From growing spiritually
- From walking in purpose

But God says:



“Do not fear, for I am with you.”

— *Isaiah 41:10*

Fear exaggerates your weaknesses.

Faith reveals God’s strength.

Fear stops your steps.

Faith moves you forward.

Fear says *“what if?”*

Faith says *“even if.”*

You can feel fear, but you don’t have to obey it.

Fear Tries to Stop YOU – But YOU Rule It!

Remember, fear doesn’t mean something is wrong with you. *It means you’re human.*

Fear often shows up when:

-  You’re growing into something new.
-  You care deeply about the outcome.

 You don't feel fully confident yet.

The problem isn't that fear exists. The problem is when fear starts making decisions for you. When fear takes the lead:

 You overthink everything.

 You avoid trying at all.

 You compare yourself to others.

 You stay silent when you want to speak.

 You shrink back instead of stepping forward.

Fear doesn't always stop you completely. Sometimes it just slows you down. But God says:



“Do not fear, for I am with you.”

— Isaiah 41:10

Fear vs. Faith

Fear focuses on what could go wrong.

Faith focuses on who God is.

Faith doesn't mean you never feel afraid.

It means fear doesn't get to be in charge.

You can:

 Feel nervous and still move forward

 Feel unsure and still trust God



Feel afraid and still choose courage

Courage is not the absence of fear.

Courage is choosing not to let fear decide your future.

What to Do When Fear Shows Up

When fear shows up, try this:

1. **Pause.** Take a breath. Don't react right away.
2. **Name it.** Ask yourself, "What am I actually afraid of?"
3. **Challenge it.** Is this fear based on truth or feelings?
4. **Replace it.** Choose a truth that brings peace, not panic.

Fear loses strength when you face it with truth instead of avoidance.

You are not weak because you feel fear.

You are growing.

Fear doesn't mean stop.

It means slow down, listen, and choose wisely.

God is not rushing you.

And He is not intimidated by your fears, questions, or doubts.

Doubt – The Quiet Voice That Questions Everything

Doubt sounds like:

"Are you sure God chose you?"

"Are you sure you heard God right?"

“Are you sure you have a purpose?”

“Are you sure you’re loved?”

Doubt doesn’t attack loudly.

It sneaks in quietly.

It shows up when:

- You don’t feel confident.
- You’re trying something new.
- You’re healing from something painful.
- You compare yourself to others.
- You’re unsure of your future.

But here is the truth:

Doubt is a liar.

God’s Word is not based on your feelings —
it is based on His promise.



*“Trust in the Lord with all your heart and lean
not on your own understanding.”*

— Proverbs 3:5

You may not understand everything.

You don’t have to.

That’s God’s job — not yours.

Insecurity – The Silent Battle of Your Worth

Insecurity often shows up as:

- Feeling not pretty enough
- Feeling not smart enough
- Feeling not spiritual enough
- Feeling like others are better
- Feeling afraid to fail
- Feeling afraid to be seen
- Feeling like your voice doesn't matter

But insecurity is rooted in a misunderstanding of your identity. You are not insecure because you are weak. You are insecure because you have forgotten who you are. God says:

“You are chosen.”

“You are loved.”

“You are valuable.”

“You are my daughter.”

“You are enough.”

Insecurity fades when identity is restored.

The Truth: You Have Power Over All Three

Fear, doubt, and insecurity are not stronger than God's Spirit inside you. The moment you begin to understand your identity in Christ, these enemies lose their grip. Here's why:

You are filled with the Holy Spirit.

That means God's courage is in you.

God's peace is in you.

God's confidence is in you.

God's strength is in you.

You were never meant to fight fear by yourself.

You fight fear through God's truth.

You were never meant to silence doubt alone.

You silence doubt by trusting His Word.

You were never created to wrestle insecurity without help.

You overcome insecurity by knowing who your Father is.

BIBLICAL EXAMPLE:

Gideon — The Young Insecure Warrior

Gideon was a young man. Though he was not a woman, his story speaks strongly to young people who struggle with insecurity.

When God called Gideon "a mighty warrior," Gideon was hiding.

When God told him He had chosen him, Gideon doubted. When God said, "I will be with you," Gideon still questioned God. He couldn't see what God saw.

But God saw:

✦ Strength

✦ Courage

✦ Leadership

✦ Destiny inside a fearful young man who didn't yet believe in himself.

This teaches you something powerful:

You don't have to feel strong to be chosen.

You just have to be willing.

God calls you based on your future, not your feelings.

How to Defeat Fear, Doubt & Insecurity

Here are three powerful strategies to overcome the fear, doubt, and insecurity that may challenge you. Be ready to do each of them.

Strategy 1 — Speak God's Word Out Loud

Fear cannot survive where truth is spoken consistently.

Say Scriptures like:

"God is with me."

"I can do all things through Christ."

"I am fearfully and wonderfully made."

"I am God's masterpiece."

Your voice activates your victory.

Strategy 2 — Take One Brave Step at a Time

You don't defeat fear by waiting for courage to show up. You defeat fear by moving *while* courage is growing. *Try something new. Use your*

gift. Say the prayer. Raise your hand. Sign up for that new opportunity. Walk away from the toxic situation. One small step destroys fear's power.

Strategy 3 — Replace Negative Thoughts with God's Truth

Whenever you think:

"I'm not enough."

Replace it with:

"God is enough in me."

Whenever you think:

"I can't do it."

Replace it with:

"I can do all things through Christ."

Whenever you think:

"No one cares."

Replace it with:

"God's love never fails."

Your mind becomes strong when truth becomes your go-to thought intentionally. Make it a practice to go to truth on purpose.

CHAYIL TRUTH

*“Fear does not control me.
Doubt does not stop me. Insecurity does not
define me. God made me strong.”*

ACTIVITIES



On each side of the Activity Page for this section, write down:

- One fear
- One doubt
- One insecurity

Then write the truth that replaces each one.

Examples:

FEAR:

"I'm not good enough."

TRUTH:

"I am fearfully and wonderfully made."

DOUBT:

"God can't use me."

TRUTH:

"I am already chosen and called by God."

INSECURITY:

"I'm not beautiful."

TRUTH:

"I am made in God's image."

Then say this prayer:

"God, I give You my fear.

Fill me with Your courage.

Help me walk in Your strength."

Tear out and throw away the Fears part of the page. Keep the Truth part of the page where you can continue to see it.

Fear

Doubt

Insecurity

TRUTH

TRUTH

TRUTH

Fear

Doubt

Insecurity

TRUTH

TRUTH

TRUTH



Take a moment to reflect:

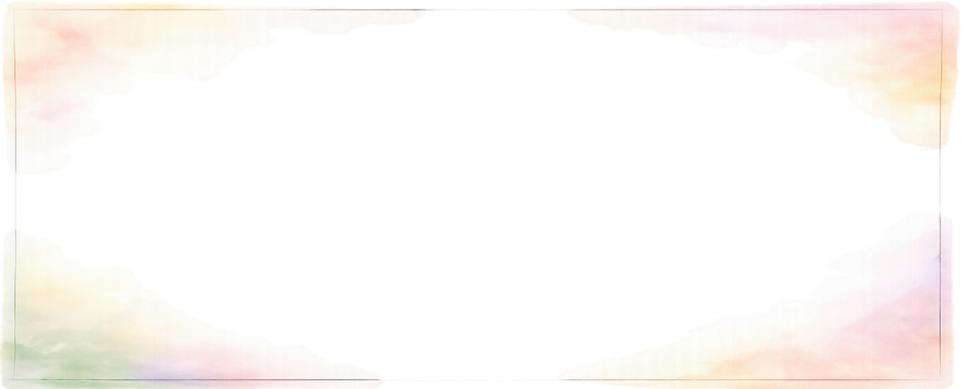
■ What do I know about fear now that I didn't know before?

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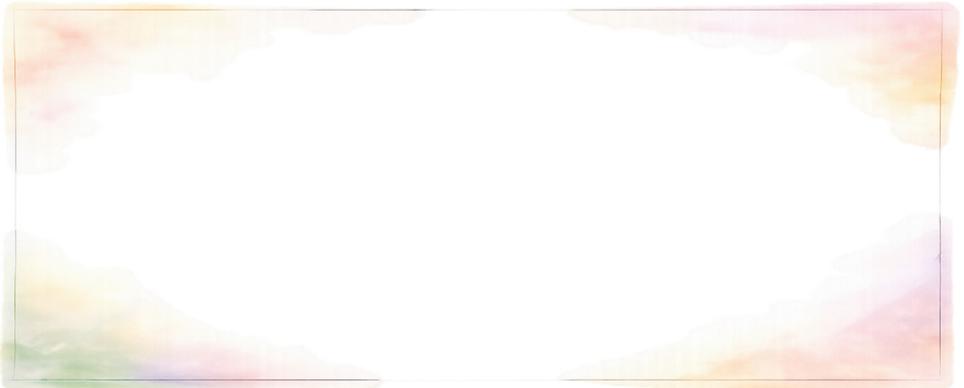
■ How has this new knowledge changed how I feel about fear?

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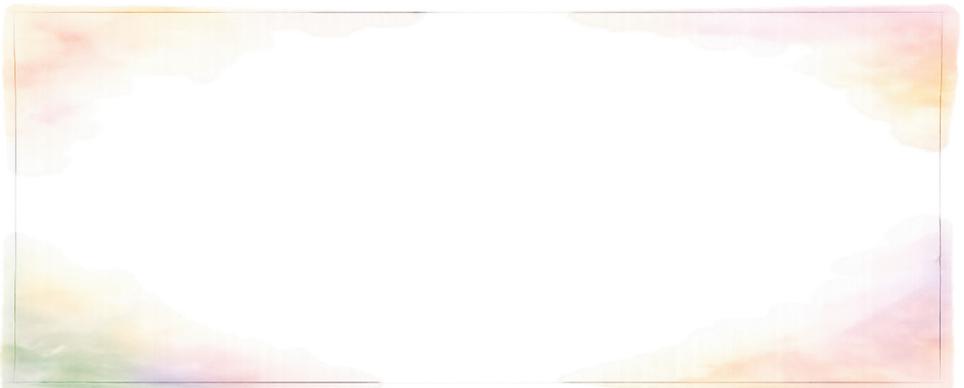
■ What doubts did I have before?



■ Have my doubts changed or do I still doubt the same?



■ What insecurities about me are now changing? What are my new thoughts about myself?



Friendships

Choosing Your Circle of Sisterhood

Every girl wants to belong.

Every girl wants to be seen, valued, loved, and supported.

Friendships matter — more than most people admit.

The friends you walk with can:

- ✦ Strengthen your faith
- ✦ Build your confidence
- ✦ Encourage your dreams
- ✦ Support your growth
- ✦ Speak truth to you
- ✦ Celebrate your wins
- ✦ Pray with you
- ✦ Help you become the young woman God created

But the wrong friendships can:

- ✗ Drain your energy
- ✗ Destroy your confidence
- ✗ Confuse your identity
- ✗ Pull you away from God
- ✗ Create drama and stress
- ✗ Damage self-esteem
- ✗ Lead you into temptation
- ✗ Distract you from purpose

This is why a young Chayil girl **does not choose her friends casually**. She chooses them carefully, prayerfully, and respectfully.

Let's talk about what godly, healthy friendship looks like — and how to choose the right circle.

The Friends You Choose Influence the Woman You Become

It has been said:

“Show me your friends, and I’ll show you your future.”

It’s true.

Your friendships shape:

- Your confidence
- Your habits
- Your decisions
- Your attitude
- Your self-worth
- Your dreams
- Your behavior
- Your standards
- Your walk with God

This doesn’t mean you should be afraid of friendships.

It means you should be **wise** about them.

The right friends will help you grow.

The wrong ones will hold you back.

A Chayil girl understands this early.

What Healthy, God-Given Friendships Look Like

Healthy friendships bring life, peace, joy, and purpose.

A godly friendship has:

- ◆ **Trust** — You feel safe sharing parts of your heart.
- ◆ **Loyalty** — They stand with you, not against you.
- ◆ **Honesty** — They tell you the truth, not what you want to hear.

- ✦ **Kindness** — They treat you with respect.
- ✦ **Growth** — They challenge you to rise higher.
- ✦ **Balance** — They don't drain you emotionally.
- ✦ **Support** — They celebrate you and pray for you.
- ✦ **Respect** — They honor your boundaries.

These friendships don't require perfection — they require willingness, maturity, and mutual love.

What Unhealthy Friendships Look Like

Sometimes you don't know a friendship is unhealthy until you look at the fruit of it. Unhealthy friendships often include:

- | | |
|----------------------|--------------------------|
| ✗ Constant drama | ✗ Disrespect |
| ✗ Jealousy | ✗ Emotional draining |
| ✗ Competition | ✗ Betrayal |
| ✗ Gossip | ✗ Pressure to compromise |
| ✗ Manipulation | ✗ One-sided effort |
| ✗ Secretive behavior | ✗ Controlling behavior |

These friendships make you feel:

- | | |
|-----------------|-------------|
| — Anxious | — Confused |
| — Drained | — Pressured |
| — Unsupported | — Invisible |
| — Unappreciated | — Insecure |

If someone consistently pulls you away from God or away from your true self, that friendship needs a boundary.

Jesus Had a Circle, Too

Even Jesus — the Savior of the world — chose His circle carefully.

He had:

- **12 disciples** — His team
- **3 close friends (Peter, James, and John)** — His inner circle
- **1 beloved friend (John)** — His heart connection

This teaches you something powerful:

Everyone is valuable, but not everyone belongs in your inner circle.

You can love people without letting them close.

You can be friendly without being influenced.

You can care without staying connected.

Choosing your circle wisely is not being mean —
it's mature.

Recognizing Your Inner Circle

Your closest friends should be girls who:

- Bring out the best in you
- Pray with you
- Speak truth to you
- Encourage your dreams
- Help you grow
- Respect your values
- Support your boundaries
- Want you to win
- Celebrate you
- Correct you gently
- Walk with you through challenges

If a girl doesn't celebrate your growth,
she's not supposed to go with you into your next season.

Boundaries: A Chayil Girl's Protection

Boundaries are not walls.
They are **fences with gates**.

Boundaries protect your:

- Peace
- Emotions
- Time
- Energy
- Relationship with God
- Mental health
- Identity
- Purpose

A boundary can sound like:

"I don't talk about people behind their back."

"I don't hang out where I feel pressured."

"I don't let people guilt-trip me."

"I love you, but I need space to grow."

"I respect you, but this friendship is not healthy for me."

Boundaries keep your heart safe — and your circle clean.

Friendships Are Seasonal — And That's Okay

Some friendships last a lifetime.

Some last for a season.

Some last for a moment.

Not all friendships end because of something wrong.
Sometimes God simply moves people in different directions.

Letting go is not failure.

It is growth.

A Chayil girl learns to thank God for the season
and keep moving with grace.

How to Attract the Right Friends

You don't chase godly friendships — you attract them.

Here's how:

- ✦ Be kind
- ✦ Be trustworthy
- ✦ Be consistent
- ✦ Be honest
- ✦ Be respectful
- ✦ Be a good listener
- ✦ Be supportive
- ✦ Be fully yourself
- ✦ Honor God
- ✦ Walk in confidence

When you grow spiritually, emotionally, and mentally,
girls who are growing too will naturally gravitate toward you.

BIBLICAL EXAMPLE:

Mary & Elizabeth — Kingdom Sisterhood

Mary and Elizabeth were family,
but they were also **divinely connected friends**.

Elizabeth confirmed Mary's identity.
Mary strengthened Elizabeth's faith.

They celebrated each other's miracles.
They believed in God's promise together.

Their relationship teaches us:

- ✦ True friends speak life
- ✦ True friends recognize your purpose
- ✦ True friends strengthen your faith
- ✦ True friends don't compete
- ✦ True friends support your calling

This is what godly sisterhood looks like.

CHAYIL TRUTH

“The friends I choose shape the woman I become, so I choose wisely, lovingly, and prayerfully.”

ACTIVITIES



Make three lists:

1. My Inner Circle (2–3 girls)

Who helps you grow spiritually and emotionally?

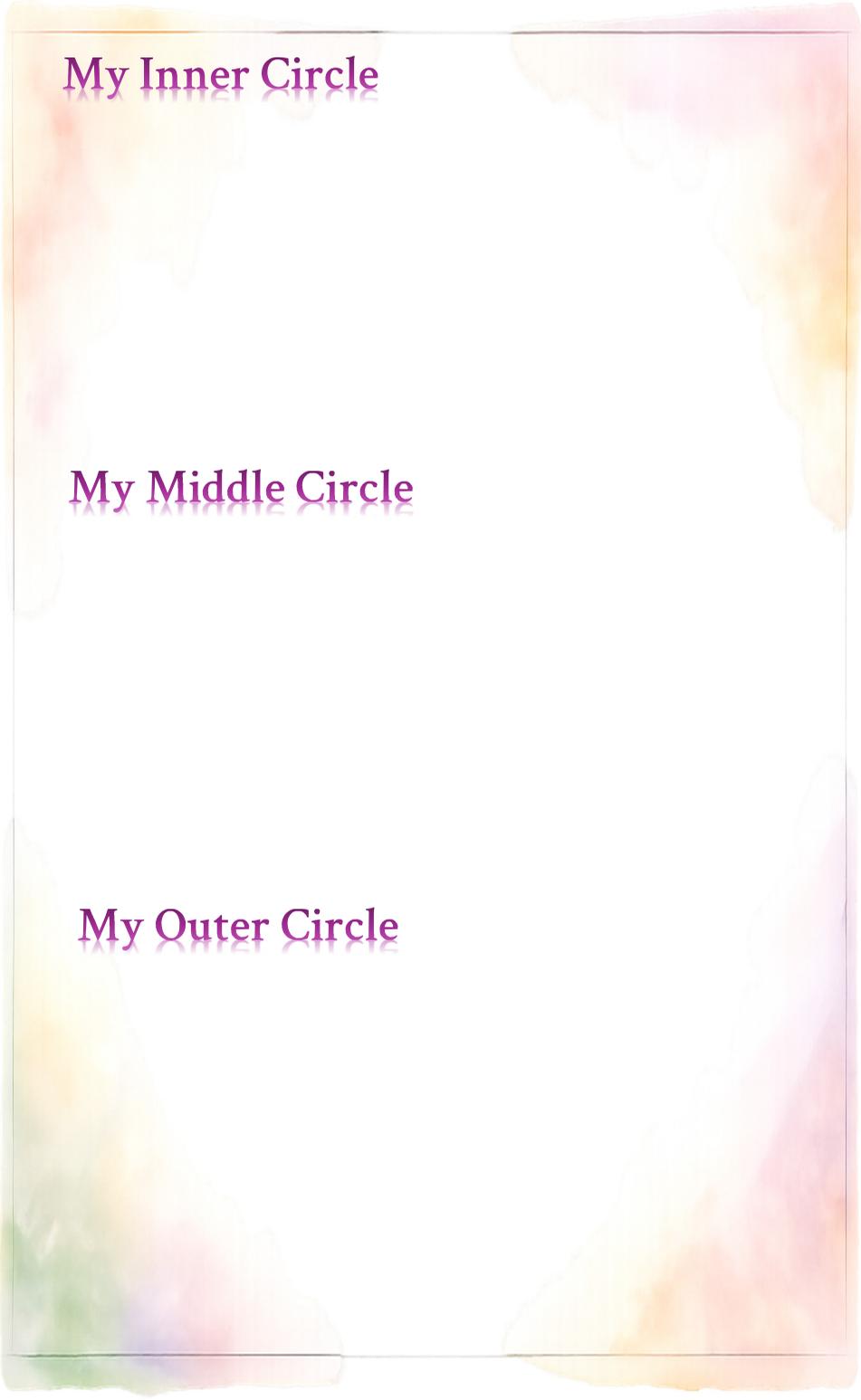
2. My Middle Circle (friends but not close)

Who is good to be around, but not in your heart space?

3. My Outer Circle (acquaintances)

Who do you speak to, but do not let influence your life?

This activity helps you create clarity and emotional boundaries.



My Inner Circle

My Middle Circle

My Outer Circle



Take a moment to reflect:

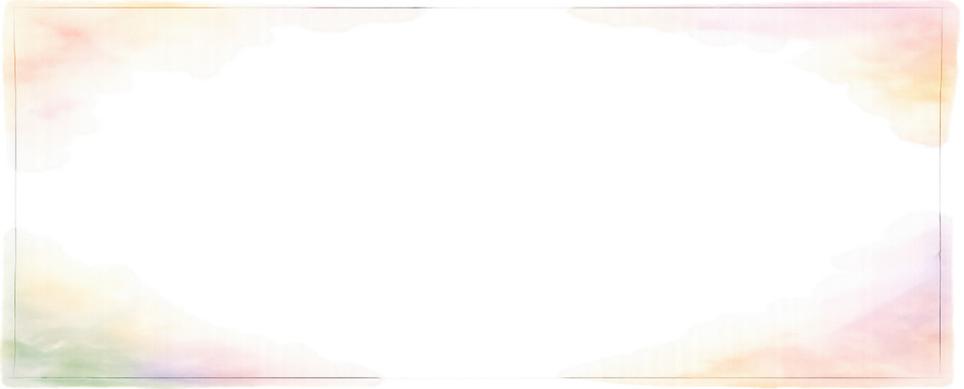
■ What qualities do I want in my closest friends?

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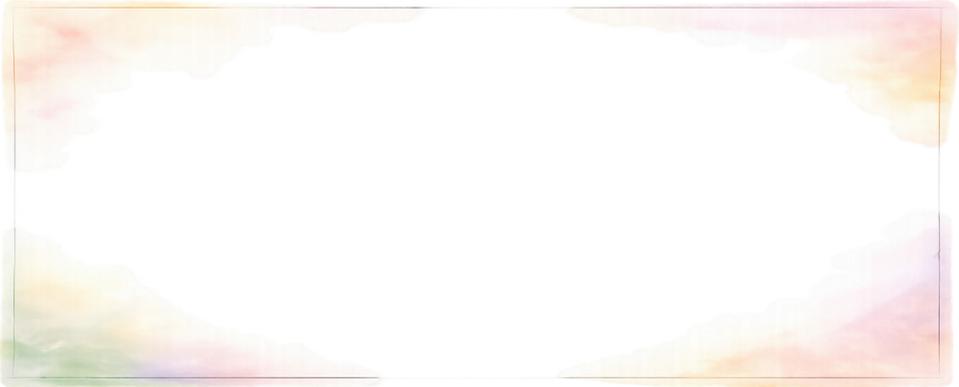
■ Which friendships help me grow?

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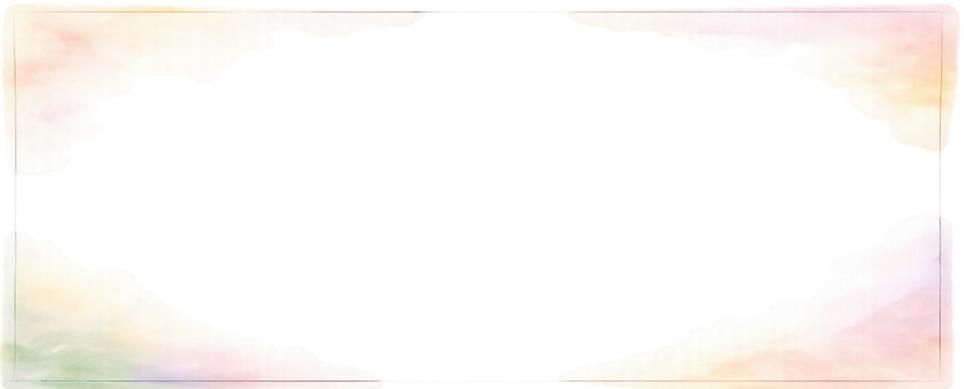
■ Which friendships drain me?



■ What boundaries do I need to set?



■ How can I be a better friend to others?



Prayer is Your Superpower

Prayer connects your heart to the heart of God.

When people hear the word “prayer,” they often think of long speeches, fancy words, or perfect sentences. But prayer is nothing like that.

Prayer is simple.

Prayer is real.

Prayer is honest.

Prayer is powerful.

Prayer is your **superpower** because it opens the door for God’s strength, wisdom, peace, and presence to flow into your life — anytime, anywhere.

And as a young Chayil woman in training, prayer is one of the greatest tools you will ever learn to use. Let’s talk about why.

Prayer Is a Conversation, Not a Performance

Prayer is not about sounding holy.

Prayer is not about saying everything perfectly.

Prayer is not about repeating long religious words you don't understand.

Prayer is simply:

- Talking to God
- Listening to God
- Being honest with Him
- Being present with Him
- Opening your heart to Him

God is not impressed by big words.

He is moved by **true words** — even if they shake, whisper, or come with tears.

Here's His promise:



“The Lord is close to the brokenhearted.”

— Psalm 34:18

When you pray, God leans in close.

Prayer Makes You Strong From the Inside Out

Prayer strengthens your:

- ✦ Spirit
- ✦ Emotions
- ✦ Confidence
- ✦ Identity
- ✦ Courage
- ✦ Mindset
- ✦ Peace
- ✦ Focus
- ✦ Purpose

When you pray, you are not just speaking — you are inviting God into your situation.

Prayer makes you:

- Brave in fear
- Calm in anxiety
- Wise in confusion
- Confident in insecurity
- Strong in weakness
- Clear in doubt
- Peaceful in chaos

Prayer changes your inner world.

And when your inner world changes, your outer world follows.

You Can Pray About EVERYTHING

There is nothing too small and nothing too big to bring to God.

You can pray about:

- Your family
- School stress
- Friendships
- Decisions
- Insecurities
- Social media pressure
- Your future
- Your dreams
- Mistakes you've made
- Things you want to change
- Things you don't understand
- Things that scare you
- Things that excite you

If it matters to you, it matters to God.

He is not annoyed by your questions.

He is not bothered by your emotions.

He is not disappointed by your struggles.

He loves when you talk to Him.

How to Pray When You Don't Know What to Say

Sometimes your heart feels so heavy or your mind feels so full that you don't have the words. Here's the good news:

You don't need perfect words for God to hear you.

You can pray:

"God, help me."

"God, I'm confused."

"God, I'm scared."

"God, give me peace."

"God, show me what to do."

"God, I need You."

Short prayers still move heaven.

And when you truly don't know what to say, the Holy Spirit prays for you.



"The Spirit helps us in our weakness." —

Romans 8:26

You never pray alone.

Prayer Is Your Spiritual Weapon

Prayer isn't just comforting —
it is **powerful warfare**.

When you pray:

- Fear loses power.
- Doubt loses voice.
- Anxiety loses grip.
- Confusion loses influence.
- The enemy loses access.

Prayer invites the presence of God into your life, and darkness cannot stay in the same space where God dwells.

When a Chayil girl prays, she shifts her atmosphere.

5 Ways to Build a Powerful Prayer Life

Here are simple, practical steps to help you grow:

1. Keep it Real.

Pray honestly.

Pray from the heart.

2. Keep it Simple.

Short prayers.

One-sentence prayers.

Silent prayers.

Whispered prayers.

They all count.

3. Keep it Daily.

Prayer is not occasional —

it's a daily connection with your Father.

4. Keep it Written.

Use a journal.

Write your prayers.

Write your feelings.

Write what God speaks back to you.

5. Keep it Expectant.

Prayer is not a ritual —
it's a relationship.

Expect God to respond.

Expect Him to guide you.

Expect Him to strengthen you.

CHAYIL TRUTH

“Prayer is my superpower. When I pray, God strengthens me, guides me, and surrounds me.”

ACTIVITIES



Write down:

- One thing you're thankful for
- One thing you want God to help you with
- One thing you want God to show you
- One thing you want God to change in you

This becomes the beginning of your personal conversation with God.

God, I'm thankful for:

God, I need your help with:

God, please show me:

God, please change this in me:



Take a moment to reflect:

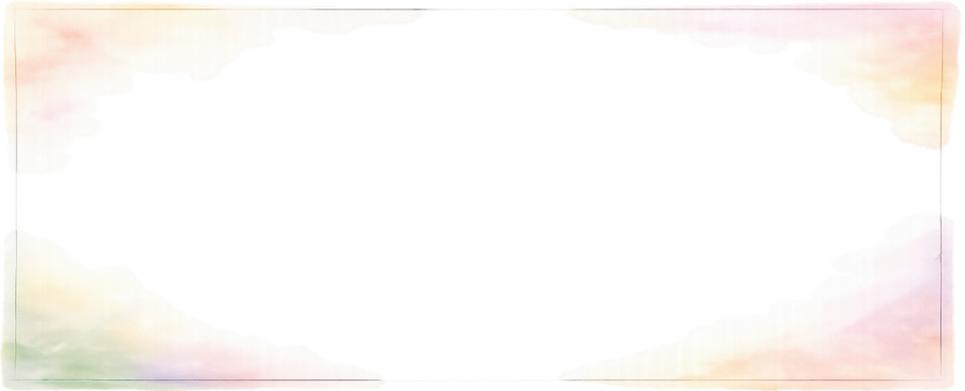
■ When do I feel closest to God?

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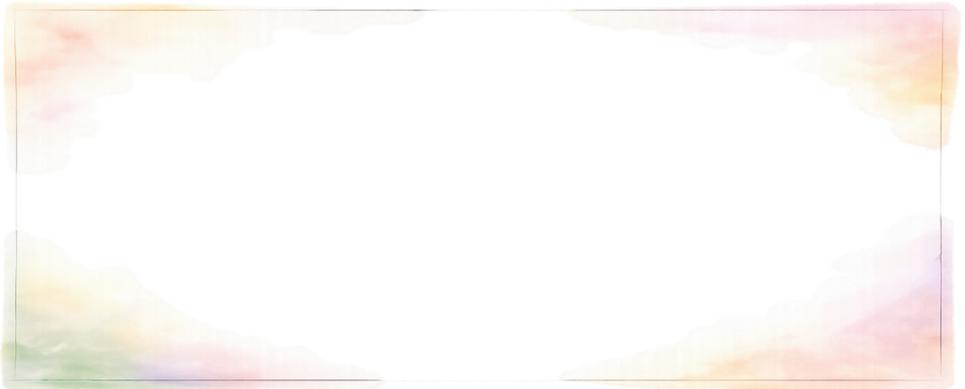
■ What do I want to talk to God about more often?

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■ What is something I'm scared to pray about?



■ What prayer has God already answered in my life?



■ What do I want my prayer life to look like this year?



CHAPTER 9 —

Hearing God's Voice for Your Life

Women Who Heard the Voice of God

God is always speaking — gently, lovingly, consistently. And He speaks to young women just like you. The question is not “*Does God speak?*” but “*Am I learning how to listen?*”

CHAYIL TRUTH

“God often speaks in gentle ways, and I am learning to listen.”

♥ IMPORTANT REMINDER

Hearing God's voice does not mean hearing something loud or dramatic. It often sounds like peace, wisdom, encouragement, or guidance that helps you grow.

— God is patient.

— You are learning.

And awareness grows over time.

BIBLICAL EXAMPLES:

Two Young Women Who Heard God in Different Ways

God speaks to girls in more ways than one. The Bible gives us beautiful examples of young women who listened, responded, and recognized God's direction.

Rebekah and Rhoda are two powerful biblical models we can learn from for our lives.

Rebekah

— The Girl Who Recognized God’s Leading and Said “I Will Go”

Rebekah’s story began in an ordinary moment — doing chores, serving her household, and going about her day.

Yet God guided her steps in a divine and unexpected way.

Abraham’s servant prayed for God to reveal the right young woman to marry Isaac.

When Rebekah arrived, her kindness, willingness, and servant’s heart were exactly what God used to confirm His choice.

Then came the moment that required courage:

Would she leave her home behind and follow God’s plan for her life?

Her answer was simple — and powerful:

“I will go.” — Genesis 24:58

Rebekah teaches teen girls:

- God often guides through peace.
- God speaks through alignment, timing, and open doors.
- Obedience begins with willingness.
- You don’t need to hear a loud voice to follow God — you just need to sense His leading.
- Destiny sometimes begins with a simple “yes.”

Rebekah didn’t hear God with her ears — she heard Him with her heart.

Rhoda

— The Teen Girl Who Recognized God’s Move Before Anyone Else

Rhoda was likely a teenager living in the early church. One night, the believers gathered to pray for Peter, who had been arrested.

God answered their prayers with a miracle — He released Peter from prison and sent him to the house where they were praying.

When Peter knocked on the door, Rhoda came to answer it.

Before she even saw him, before anyone else believed, before the adults stopped doubting...

Rhoda recognized Peter’s voice.

The Bible says:

“She recognized Peter’s voice.” — Acts 12:14

The people around her didn’t believe her at first.

They said she must be imagining things.

They doubted God had moved.

But Rhoda knew what she heard.

She believed instantly.

She discerned the miracle.

Rhoda teaches teen girls:

- You are not too young to recognize God’s voice.
- God can show you things faster than those older than you.
- Your sensitivity to God is a gift.
- You don’t need permission to believe God.
- God honors youthful faith.

Rhoda didn't just hear God — she recognized His move.

✦ Together, Rebekah and Rhoda show you this truth:

Rebekah teaches:

“God guides me, and I can respond with YES.”

Rhoda teaches:

“God speaks, and I can recognize His voice.”

These two young women prove that God speaks to girls—in real life, in ordinary moments, in answered prayers, and in divine opportunities.

- You can hear God.
- You can know His voice.
- You can trust His leading.

CHAYIL TRUTH

*“God speaks to me because I am His daughter,
and I listen for His voice with an open heart.”*

ACTIVITIES



God often speaks in quiet, personal ways. This activity helps you slow down, listen, and become aware of how God may be guiding you in everyday life.

There is no right or wrong answer here.

This is about noticing, not perfection.

STEP 1: CREATE A QUIET MOMENT

Take 2–3 minutes to be still.

-  Put your phone away.
-  Sit comfortably.
-  Take a deep breath.
-  Relax your shoulders.

Say quietly in your heart or aloud:

“God, I’m open to listening.”

STEP 2: NOTICE WHAT COMES TO MIND

Without trying too hard, notice if:

-  A word comes to mind.
-  A thought feels peaceful.
-  A reminder stands out.
-  A feeling of calm or clarity appears.

This could be something simple like:

“Be patient.”

“You are loved.”

“Don’t be afraid.”

“Trust Me.”

“Rest.”

On the next page, write down anything that stood out, even if it felt small.



Write what comes to mind:

 **STEP 3: REFLECT GENTLY**

In the next space, answer one or two of these questions:

-  Did this thought bring peace or encouragement?
-  Does it line up with love, truth, or kindness?
-  How could this apply to my life right now?



Your reflections:

STEP 4: TAKE ONE SMALL STEP

If what you noticed felt positive and peaceful, choose one small way to respond.

Examples:

-  Being kinder to yourself
-  Praying again later
-  Choosing patience
-  Asking for wisdom
-  Trusting God with a situation



One small step I can take is:

CHAPTER 10—

Walking in Purity of Heart

Protecting Your Mind, Body, & Spirit

Purity is not just about actions.

Purity is about the **heart**.

Purity doesn't mean perfection.

Purity doesn't mean you never make mistakes.

Purity doesn't mean you live under pressure or shame.

Purity means this:

- ✦ **Your heart belongs to God.**
- ✦ **Your mind is guided by truth.**
- ✦ **Your decisions honor your identity.**
- ✦ **Your emotions stay rooted in God's love.**

Purity is protection — not restriction.

Purity is freedom — not fear.

Purity is strength — not weakness.

Let's explore what purity truly means for a young Chayil woman.

Purity Begins in the Heart, Not in Rules

Purity is first a **heart posture**, not a list of do's and don'ts.

A pure heart is:

- Honest
- Humble
- Teachable
- Loving
- God-focused
- Peaceful
- Whole

A pure heart says,
“God, I want You to lead my life.”

When your heart is pure, your choices flow from a place of strength — not pressure.

Purity Protects Your Mind

Your mind is one of the biggest battlegrounds.

Purity of mind means:

- Guarding your thoughts
- Protecting what you watch
- Being careful about what you listen to
- Rejecting negative self-talk
- Refusing comparison
- Filling your mind with truth

God wants His daughters to have minds that are:

- ✦ Clear
- ✦ Peaceful
- ✦ Focused
- ✦ Strong
- ✦ Uncompromised

Purity is choosing what gives life.

Purity Protects Your Emotions

Your heart is precious.

Your emotions matter.

Your feelings are valuable.

Purity of heart helps you:

- Avoid emotional traps.
- Let go of drama.
- Say no to toxic people.
- Heal from rejection.
- Avoid manipulative friendships.
- Set boundaries.
- Keep your heart tender, not bitter.

Purity guards your peace like a shield.

Purity Protects Your Spirit

Your spirit is the deepest part of you — the God-breathed part.

Purity of spirit means:

- Protecting your prayer life
- Staying connected to God
- Keeping your worship genuine
- Choosing what feeds your spirit
- Avoiding spiritual confusion
- Staying sensitive to God's voice

A pure spirit is a powerful spirit.

Purity Is Also About Your Relationships

Purity affects how you:

- Choose friends.
- Handle crushes.
- Communicate with boys.
- Set boundaries in relationships.
- Respect yourself and others.
- Honor God with your choices.

Purity is not anti-relationship — it's pro-respect, pro-boundaries, and pro-growth.

Purity helps you attract people who protect your heart, not break it.

BIBLICAL EXAMPLE:

Esther — Purity That Prepared Her for Purpose

We've already discussed Esther's destiny and her purpose for the nation, but let's look at another view of Esther – her purity.

Esther was young, chosen, and set apart.

Before she ever stood before the king, before she ever saved her people, Esther spent a season of **preparation** — a time of purification.

Her heart was being shaped.

Her character was being strengthened.

Her spirit was being aligned with purpose.

Purity prepared Esther to step into her calling.

Purity prepares YOU, too.

CHAYIL TRUTH

“My heart, mind, and spirit are precious to God — and I protect them with purity, wisdom, and strength.”

ACTIVITIES



Write down three areas where you want to grow in purity:

1. My mind
2. My emotions
3. My relationships

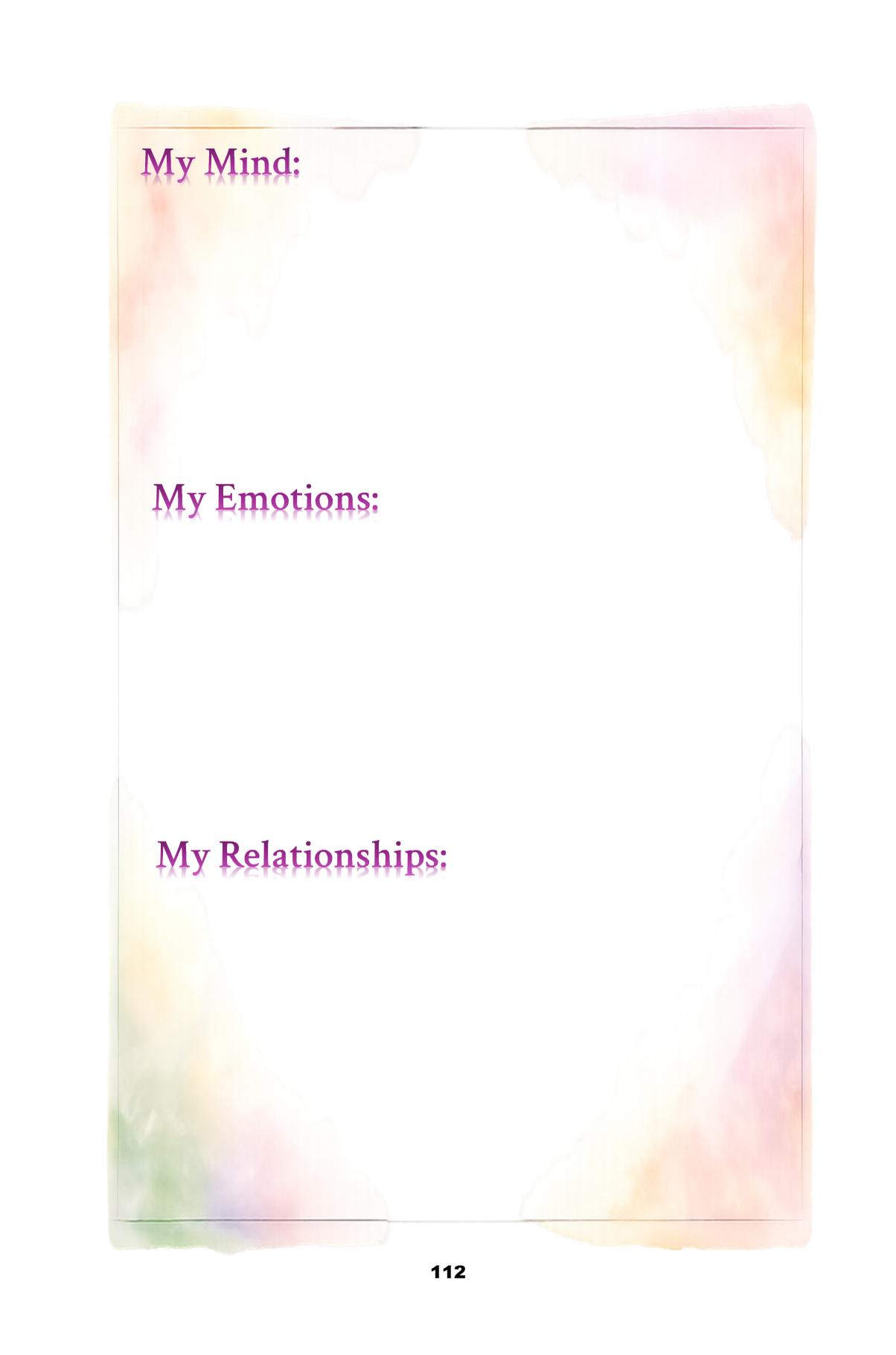
Then write one commitment for each:

Example:

“My mind — I will replace negative thoughts with God’s truth.”

“My emotions — I will set healthier boundaries.”

“My relationships — I will choose connections that honor my worth.”



My Mind:

My Emotions:

My Relationships:



Take a moment to reflect:

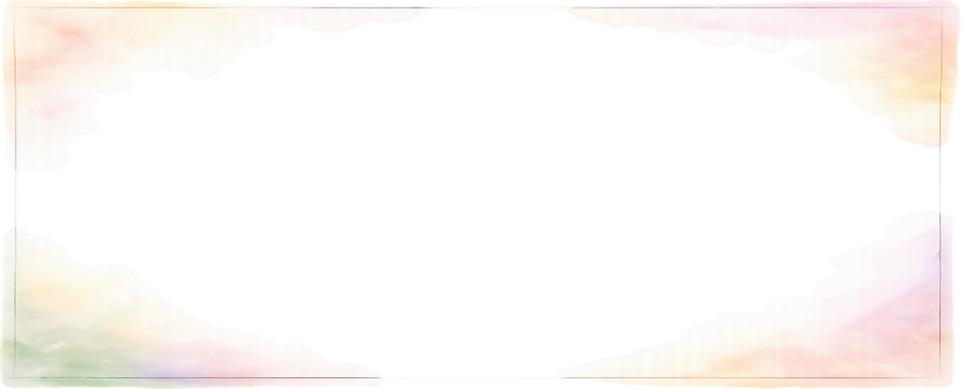
— What does purity mean to me personally?

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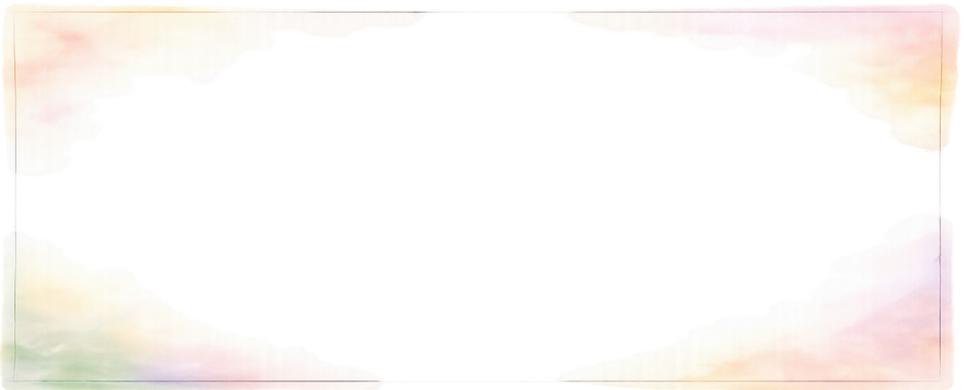
— Where do I feel God calling me to grow emotionally or mentally?

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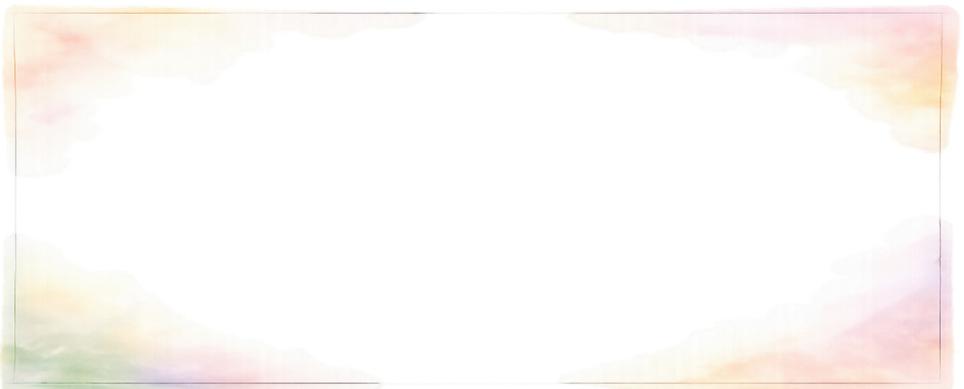
— What boundaries do I need to protect my heart or mind?



— When do I feel closest to God?



— What kind of young woman am I becoming?



Owning Your REAL Chayil Life

OWNING WHO YOU ARE

By now, you know the truth.

- You know you are loved.
- You know you are chosen.
- You know you have value.
- You know your life matters.

Now comes the most important question:

What will you do with what you know?

Because knowing who you are and *living like you know who you are* are not the same thing.

This chapter is about crossing that line.

This is where Chayil stops being something you *learn* and becomes something you **live**.

From Learning to Living

Up to now, you've been discovering your identity. Now it's time to **own it**.

Owning your identity means:

- You stop shrinking.
- You stop pretending.
- You stop letting fear make your choices.
- You stop letting others decide your worth.

Living as a Chayil girl doesn't mean you're perfect. It means you are **intentional**.

You begin asking yourself:

- “Does this choice honor who I'm becoming?”
- “Does this friendship protect my peace?”
- “Does this decision reflect my value?”
- “Is this aligned with the girl God is shaping me into?”

This is growth.

This is maturity.

This is Chayil in action.

What Chayil Looks Like in Real Life

Being a Chayil girl isn't just about quiet moments with God.

It shows up in everyday life.

At school

- You walk with confidence, not comparison.
- You don't join gossip to fit in.
- You speak with respect.
- You don't hide your intelligence or gifts.
- You raise your hand even when you're nervous.

In friendships

- You choose friends who respect your boundaries.
- You don't stay where you feel drained.
- You step away from drama.
- You value peace more than popularity.
- You know the difference between loyalty and self-betrayal.

Online and on social media

- You don't measure your worth by likes.
- You don't compare your life to edited images.
- You are careful about what you post and watch.
- You protect your heart and mind.
- You remember that real life is bigger than a screen.

This is Chayil living—real, grounded, and aware.

Choosing Differently Because You Know Better

One sign of growth is this:

You start choosing differently—not because someone told you to, but because you know who you are.

You may:

- Say no to things you once said yes to
- Outgrow spaces you once fit into
- Feel uncomfortable where you used to feel normal.
- Want peace more than attention.
- I want depth instead of drama.

That doesn't mean something is wrong with you.

It means you're **becoming**.

Growth can feel lonely at first.

But it always leads to strength.

Standing Tall When It Would Be Easier to Shrink

There will be moments when:

- Staying quiet feels safer
- Blending in feels easier.
- Following the crowd feels simpler.
- Doubting yourself feels familiar.

This is where Chayil strength shows up.

- Strength isn't loud.
- Strength isn't mean.
- Strength isn't attention-seeking.

Strength looks like:

- Staying true to yourself
- Walking away when needed
- Speaking when it matters
- Holding your head up
- Trusting God even when it's uncomfortable.

You don't need everyone to understand you.

You only need to stay aligned with who you're becoming.

You Are Ready for What's Next

You are not the same girl who opened this book.

- You see yourself differently.
- You speak to yourself differently.
- You think differently.
- You choose differently.

You are still becoming — and now you are choosing to live like it.

Let's seal what has already begun.

CHAYIL TRUTH

“I don’t just know who I am—I live like it.”

ACTIVITIES

CHAYIL COVENANT

A PROMISE TO GOD AND MYSELF

Take the time to honor the commitments you have made in this journey. Seal this important moment by completing the CHAYIL COVENANT next.



THE CHAYIL COVENANT

MY CHAYIL COVENANT

This covenant is a promise I make to myself and to God as I continue growing into the young woman He created me to be.

I understand that becoming Chayil is a journey. I will not rush my growth or compare my path to *others*.

I COMMIT TO:

- Protecting my heart and my peace
- Honoring my worth and my boundaries
- Choosing friends who respect and support me
- Speaking kindly to myself and others
- Walking away from what harms my spirit
- Growing in faith, wisdom, and courage
- Trusting God with my future
- Living with integrity—even when it's hard

MY PERSONAL COMMITMENT

I choose to live as a Chayil girl by:

Protecting my

Letting go of

Growing in

Trusting God with

CHAYIL DECLARATION

Speak this out loud or write it in your own handwriting:

I am a Chayil girl.

I am strong and becoming. Date:

This covenant marks a moment of becoming.

CHAPTER 12—

YOU ARE CHAYIL!

Dear Chayil Girl,

You finish this journey knowing who you are, what you carry, and who walks with you. This book didn't make you Chayil — it reminded you that you already are. Carry what you've learned into your life — with strength, wisdom, and purpose.

As you close this book, I want you to know how proud I am of you for taking this journey. Growth takes courage, honesty, and heart—and you showed all three just by reading, reflecting, and believing that you were created for more. Let the words you've read and spoken during this journey stay with you as quiet reminders of your strength, your worth, and your faith. You don't have to have everything figured out right now. Just keep choosing truth, courage, and God's voice as you grow. You are not walking alone, and you are becoming exactly who you were created to be.

Chayil Forever!

— Dr. Sherell K. Robinson

A Final Prayer for Your Journey

Take a quiet moment and pray this from your heart:

“God, thank You for creating me with purpose.

Thank You for loving me and walking with me.

Help me continue to grow in confidence, courage, and wisdom.

Teach me to trust You with my future.

Remind me who I am when I forget.

I say yes to who You already created me to be.

I move forward with confidence in you.

Amen.”

CHAYIL TRUTH

“I am becoming.

I am growing.

I am strong.

I am forever Chayil.”



A Look Ahead: Continuing the Chayil Journey

This book was about discovering who you are and learning to see yourself the way God sees you. But your journey doesn't stop here. As you grow, you'll face new choices, relationships, emotions, and responsibilities—and each one will shape the woman you are becoming.

Use this section to jot down questions you might have for further exploration. For example, you may want to learn more about the Chayil Girl's emotional strength, healthy boundaries, handling feelings, and making wise decisions with confidence and faith.

For now, take what you've learned, live it out daily, and trust that God will continue guiding you step by step as you grow into your purpose. Feel free to jot down questions and ideas as they come up. I encourage you to further explore the continuing journey of the Chayil Girl.

Questions I have:

My Notes:

ABOUT THE AUTHOR

Sherell K. Robinson is a Biblical Teacher in the Ministry of the Word of God, native Houston, Texas. A Widow (Henry E Robinson Jr), mother of three children and four grandchildren. With a deep passion for empowering the next generation through the truth of Scripture, she is the founder of I Am Chayil - Girls Ministry, a Christ-Centered movement dedicated to equipping young girls to rise in wisdom, purpose, and identity in Christ.



Sherell serves with excellence as an Accounts Receivable Representative in the Houston Methodist Revenue Cycle Department. Academically, she holds both her Bachelor of Christ-Centered Leadership (BCL) and Master of Christ-Centered Leadership (MCL) degrees from ELTU University, as well as a Master Certificate in Professional Coaching. With the publishing of this work, she is completing her Doctor of Philosophy in Christ-Centered Coaching, Leadership & Change in January 2026.

Sherell is a faithful member of Turning Point Faith Ministry (Houston, TX) where she serves as Administrator of Global Prayer Homes under the direction of Dr. Cassandra Scott. She is also a graduate of Birth Your Brilliance Mentorship Program and Kingdom Expansion Alliance.

Above all, Sherell is a devoted servant of the Most High God. Anointed as a prayer warrior and spiritual leader, she embraces her call to teach, intercede, and inspire others to walk boldly in their God-given identity and destiny. Her greatest joy is loving the Lord and serving Him with her whole heart.

