G.I.R.L.S!

CHRISTIAN LADIES
SistHERhood Global

GIRL,

Before We Build…

Going Deep with God
Before We Go Up Together

A 30-Day Scripture
& PrayHER Journey

WORLD BIBLE MONTH READING CHALLENGE

COUNT THE COST. PREPARE THE HEART.

ANCHOR: LUKE 14:28–30

Hey GIRL, hey!

Before the beautiful reveal,
there is work beneath the surface.

Before a foundation is poured, there is digging, measuring, and preparation. Underground lines must be placed and connected. What happens beneath the surface affects what the building can hold and how well it functions.

Our sistHERhood needs that preparation, too.

For 30 days, we are sitting with God before making our next commitments. We will examine our expectations, capacity, communication, and care for one another. We will consider why we build, what we build, how we build, and what our choices produce.

READ. REFLECT. BE HONEST. PRAY.

Read the Scripture. Consider the reflection. Answer the question privately. Pray before giving anyone another yes. Begin any day and move through the journey at a thoughtful pace.

Scripture: World English Bible (WEB), a modern English, public-domain translation. “Yahweh” is the name of God, often rendered “the LORD.” Reflections apply the passages to our shared life; Luke 14 originally teaches the cost of discipleship.

The underground work

Six movements. Thirty daily pauses with God.

01–05 Sis, Check the Ground

Examine what you are bringing.

06–10 What Can Your Yes Hold?

Honor your capacity and commitments.

11–15 Lay the Lines

Prepare for honest connection.

16–20 Make Room for Reinforcement

Give support. Receive support. Own your part.

21–25 Build Like It Matters

Honor the people, purpose, and resources.

26–30 Prepare for What We’re Praying For

Consider the cost. Discern your next yes.

Tap a movement to begin. Tap the footer on any reading page to return here.

DAY 01

Sit Down Before You Sign Up

THE WORD / Luke 14:28

“For which of you, desiring to build a tower, doesn’t first sit down and count the cost, to see if he has enough to complete it?”

BENEATH THE SURFACE

Jesus uses this illustration while teaching about the cost of following Him. It also gives us a wise question for our commitments: Have I considered what this will require? Sis, taking time to understand your yes is part of preparing to honor it.

GIRL, BE HONEST

What have I agreed to without considering the time, attention, or responsibility involved?

PrayHER

Lord, slow me down enough to consider my commitments honestly. Help me understand what I am agreeing to and what I can offer. Let my yes come from wisdom. In Jesus’ name, amen.

DAY 02

Let God Inspect the Ground

THE WORD / Psalm 139:23–24

“Search me, God, and know my heart. Try me, and know my thoughts. See if there is any wicked way in me, and lead me in the everlasting way.”

BENEATH THE SURFACE

Before construction begins, the ground needs examination. Today, we invite God to examine us. We can bring Him our hopes, frustrations, habits, and expectations without dressing them up.

GIRL, BE HONEST

What do I need to acknowledge about how I enter and participate in relationships?

PrayHER

Father, help me see myself clearly. Show me what needs attention and lead me toward a faithful response. Give me courage to receive what You reveal. In Jesus’ name, amen.

DAY 03

Check Your Why

THE WORD / Proverbs 16:2

“All the ways of a man are clean in his own eyes; but Yahweh weighs the motives.”

BENEATH THE SURFACE

We can want friendship, support, belonging, and opportunities. Those desires deserve honest examination. Understanding why we join helps us recognize whether our expectations align with the purpose of the community.

GIRL, BE HONEST

Why do I want to belong to GIRLS, and what am I expecting membership to provide?

PrayHER

God, help me understand my motives. Guide my expectations and deepen my desire for Christ-centered connection. Help me enter community with honesty and care. In Jesus’ name, amen.

DAY 04

Clear What Could Damage the Build

THE WORD / Ephesians 4:31–32

“Let all bitterness, wrath, anger, outcry, and slander be put away from you, with all malice. And be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you.”

BENEATH THE SURFACE

Past experiences can influence present relationships. God invites us to address bitterness, harmful speech, and unresolved anger. We can acknowledge what happened while learning to treat the women before us fairly.

GIRL, BE HONEST

Where might an old experience be shaping how I respond to my GIRLS today?

PrayHER

Lord, help me address the hurt I carry. Guard my words and guide my choices. Teach me kindness and forgiveness as I move forward with wisdom. In Jesus’ name, amen.

DAY 05

Dig Deep Enough to Practice

THE WORD / Luke 6:48

“He is like a man building a house, who dug and went deep and laid a foundation on the rock. When a flood arose, the stream broke against that house, and could not shake it, because it was founded on the rock.”

BENEATH THE SURFACE

Jesus describes the person who hears His words and does them. Going deep means letting Scripture shape our conduct. The preparation becomes visible in how we respond when relationships require patience, effort, or repair.

GIRL, BE HONEST

Which teaching of Jesus do I need to practice more consistently in my relationships?

PrayHER

Jesus, help me put Your Word into practice. Deepen my faith through everyday obedience. Prepare me to remain faithful when connection requires effort. In Jesus’ name, amen.

DAY 06

Take an Honest Look

THE WORD / Romans 12:3

“For I say through the grace that was given me, to everyone who is among you, not to think of himself more highly than he ought to think; but to think reasonably, as God has apportioned to each person a measure of faith.”

BENEATH THE SURFACE

An honest assessment includes your gifts and your limits. Your current responsibilities matter. Give yourself permission to consider the season you are living in before deciding what you can sustain.

GIRL, BE HONEST

What can I consistently offer in my actual life right now?

PrayHER

Father, help me assess my capacity reasonably. Let me recognize both what I can contribute and where I need limits. Guide me toward commitments I can honor. In Jesus’ name, amen.

DAY 07

Count What Is Already on Your Plate

THE WORD / Proverbs 21:5

“The plans of the diligent surely lead to profit; and everyone who is hasty surely rushes to poverty.”

BENEATH THE SURFACE

Planning requires looking at what is already committed. Family, work, health, rest, and existing service all affect availability. Sis, your calendar needs a voice in the conversation before your enthusiasm answers.

GIRL, BE HONEST

What would I need to adjust to make room for a new commitment?

PrayHER

God, help me plan thoughtfully. Show me where I have room and where I am already stretched. Give me wisdom to make decisions that support faithful follow-through. In Jesus’ name, amen.

DAY 08

Honor What You Actually Have

THE WORD / 2 Corinthians 8:12

“For if the readiness is there, it is acceptable according to what you have, not according to what you don’t have.”

BENEATH THE SURFACE

Paul is discussing giving. His words remind us to consider what is available to offer. Your contribution can be meaningful without matching another woman’s time, money, visibility, or role.

GIRL, BE HONEST

What could I offer willingly and sustainably without comparing myself to someone else?

PrayHER

Lord, help me value what I have to give. Free me from comparison and guide me toward a sincere contribution. Teach me to honor the different capacities of my GIRLS, too. In Jesus’ name, amen.

DAY 09

Give Your Yes Some Integrity

THE WORD / Matthew 5:37

“But let your ‘Yes’ be ‘Yes’ and your ‘No’ be ‘No.’ Whatever is more than these is of the evil one.”

BENEATH THE SURFACE

Clear answers help people plan and trust. Before saying yes, ask what is involved. When you cannot commit, communicate respectfully. When circumstances change, let the people affected know.

GIRL, BE HONEST

Where do I need to clarify an answer or update someone about my availability?

PrayHER

Jesus, help me speak truthfully and clearly. Give me courage to communicate my limits and faithfulness to honor my agreements. Help others know what they can reasonably expect from me. In Jesus’ name, amen.

DAY 10

Make Room to Rest

THE WORD / Mark 6:31

"He said to them, "You come apart into a deserted place, and rest awhile." For there were many coming and going, and they had no leisure so much as to eat."

BENEATH THE SURFACE

Jesus recognized His disciples' need for rest. Preparing to serve includes attending to the person doing the serving. A sustainable commitment must account for renewal as well as activity.

GIRL, BE HONEST

Does my current pattern leave room for rest and the care I need?

PrayHER

Lord, help me recognize my need for rest. Guide me toward a sustainable rhythm and help me communicate when I need to pause. Restore me for the responsibilities You have entrusted to me. In Jesus' name, amen.

DAY 11

Check Your Listening

THE WORD / James 1:19

“So, then, my beloved brothers, let every man be swift to hear, slow to speak, and slow to anger.”

BENEATH THE SURFACE

Communication is part of what connects us beneath the visible gathering. Listening helps us understand needs, expectations, and concerns before responding. Sometimes the most useful contribution is giving someone your full attention.

GIRL, BE HONEST

Do I listen long enough to understand before preparing my response?

PrayHER

Father, help me listen attentively. Slow my reactions and give me patience to understand. Let my responses reflect care for the woman speaking. In Jesus’ name, amen.

DAY 12

Ask Before You Assume

THE WORD / Proverbs 18:13

“He who answers before he hears, that is folly and shame to him.”

BENEATH THE SURFACE

A missed message, changed plan, or unfamiliar response may need a question. Seeking clarification gives us information we do not yet have. Grace makes room to ask; wisdom helps us consider the answer and the pattern.

GIRL, BE HONEST

What situation needs a respectful question before I reach a conclusion?

PrayHER

God, help me seek understanding. Give me thoughtful questions and patience to hear the answers. Guide me to respond fairly to what I learn. In Jesus’ name, amen.

DAY 13

Say What Needs to Be Said

THE WORD / Ephesians 4:15

“But speaking truth in love, we may grow up in all things into him who is the head, Christ.”

BENEATH THE SURFACE

Love gives truth a caring way to travel. We can express a need, explain a limit, or acknowledge disappointment with respect. Clear communication allows others to respond to what we have actually shared.

GIRL, BE HONEST

What have I expected someone to understand without clearly communicating it?

PrayHER

Lord, help me express myself honestly and kindly. Give me clear words and a willingness to listen in return. Let truth help our relationships mature. In Jesus’ name, amen.

DAY 14

Let Your Words Carry Grace

THE WORD / Ephesians 4:29

“Let no corrupt speech proceed out of your mouth, but only what is good for building others up as the need may be, that it may give grace to those who hear.”

BENEATH THE SURFACE

Our words affect the atmosphere of the community. That includes conversations, group threads, private messages, and how we discuss someone who is absent. Consider what your words will contribute before sharing them.

GIRL, BE HONEST

Does the way I speak about my GIRLS honor their dignity?

PrayHER

Father, guide my words in every setting. Help me speak with truth, discretion, and grace. Make my communication useful to the people receiving it. In Jesus’ name, amen.

DAY 15

Be Willing to Address the Concern

THE WORD / Matthew 18:15

“If your brother sins against you, go, show him his fault between you and him alone. If he listens to you, you have gained back your brother.”

BENEATH THE SURFACE

Jesus teaches direct, private conversation when someone sins against us. Ordinary relational concerns also benefit from respectful communication with the person involved. Repair needs a willingness to bring the concern into an appropriate conversation.

GIRL, BE HONEST

Is there a concern I need to address directly instead of repeatedly discussing it elsewhere?

PrayHER

Jesus, give me wisdom and courage for necessary conversations. Help me approach others respectfully and remain open to understanding. Guide us toward truthful repair. In Jesus’ name, amen.

DAY 16

Understand What We Are Building

THE WORD / Ephesians 2:22

“In whom you also are built together for a habitation of God in the Spirit.”

BENEATH THE SURFACE

Paul describes believers being built together in Christ. That gives Christian community a sacred purpose. Within GIRLS, our gatherings and activities should support lives increasingly shaped by faith, love, and care.

GIRL, BE HONEST

How does my understanding of Christian community shape what I expect from GIRLS?

PrayHER

God, deepen my understanding of being built together in Christ. Help me honor the spiritual purpose of our connection. Let my participation support a community that reflects You. In Jesus’ name, amen.

DAY 17

Recognize That Every Part Matters

THE WORD / 1 Corinthians 12:21

“The eye can’t tell the hand, “I have no need for you,” or again the head to the feet, “I have no need for you.””

BENEATH THE SURFACE

Different contributions support the whole. Some women lead publicly; others prepare, encourage, organize, pray, or help quietly. Honoring the community includes recognizing work beyond the parts we personally use or see.

GIRL, BE HONEST

Whose contribution have I overlooked or taken for granted?

PrayHER

Father, open my eyes to the value of each sistHER. Help me recognize and appreciate her contribution. Teach me to treat every woman as someone who matters. In Jesus’ name, amen.

DAY 18

Receive the Help

THE WORD / Galatians 6:2

“Bear one another’s burdens, and so fulfill the law of Christ.”

BENEATH THE SURFACE

Shared care requires women willing to offer help and women willing to name a need. You can tell a trusted sistHER what would be useful. Receiving support also gives someone else an opportunity to practice love.

GIRL, BE HONEST

Where do I need to ask for specific help instead of hoping someone notices?

PrayHER

Lord, give me courage to name my needs appropriately. Help me receive care with gratitude and offer support with compassion. Grow mutual care among us. In Jesus’ name, amen.

DAY 19

Own Your Part

THE WORD / Galatians 6:5

“For each man will bear his own burden.”

BENEATH THE SURFACE

In this same passage, Paul teaches both shared support and personal responsibility. We can help one another while owning our choices and commitments. Consider what belongs to you to communicate, complete, or address.

GIRL, BE HONEST

What responsibility have I allowed someone else to keep carrying for me?

PrayHER

God, help me recognize and own my part. Give me wisdom to ask for support while remaining responsible for my choices. Show me the next action I need to take. In Jesus’ name, amen.

DAY 20

Care About HER Experience

THE WORD / Philippians 2:4

“Each of you not just looking to his own things, but each of you also to the things of others.”

BENEATH THE SURFACE

Our participation affects people around us. A late answer can delay planning; an unfulfilled promise can create extra work. A thoughtful response or timely update can help another woman use her capacity well.

GIRL, BE HONEST

How do my communication and follow-through affect the women working beside me?

PrayHER

Father, help me consider others when making decisions. Make me attentive to their time, effort, and needs. Teach me to express consideration through practical actions. In Jesus’ name, amen.

DAY 21

Remember Who Establishes the Work

THE WORD / Psalm 127:1

“Unless Yahweh builds the house, they labor in vain who build it. Unless Yahweh watches over the city, the watchman guards it in vain.”

BENEATH THE SURFACE

Activity needs direction. Christian community depends on God’s wisdom, and our plans deserve prayerful examination. We can ask whether our choices serve the purpose He has called us to pursue.

GIRL, BE HONEST

Where do I need God’s direction before moving forward?

PrayHER

Lord, guide what we build and how we build it. Help me recognize when a plan needs adjustment. Establish work that serves Your purpose and reflects Your character. In Jesus’ name, amen.

DAY 22

Honor What Has Been Entrusted

THE WORD / 1 Corinthians 4:2

“Here, moreover, it is required of stewards that they be found faithful.”

BENEATH THE SURFACE

Stewardship includes how we handle time, resources, responsibilities, and trust. Within GIRLS, our commitments affect something shared. Faithfulness means caring for what has been placed in our hands.

GIRL, BE HONEST

What has been entrusted to me, and how am I caring for it?

PrayHER

Father, make me a faithful steward. Help me use resources thoughtfully and handle responsibility with care. Let my choices honor the trust others have placed in me. In Jesus’ name, amen.

DAY 23

Consider How You Build

THE WORD / 1 Corinthians 3:10

“According to the grace of God which was given to me, as a wise master builder I laid a foundation, and another builds on it. But let each man be careful how he builds on it.”

BENEATH THE SURFACE

Paul is speaking about building the church on Christ’s foundation. His instruction invites serious attention to the quality of the work. How we lead, respond, include, and follow through shapes the experience of community.

GIRL, BE HONEST

What does my usual way of participating contribute to the health of GIRLS?

PrayHER

God, help me consider how I build. Guide my conduct and help me receive correction where needed. Let my contribution strengthen the people and purpose entrusted to us. In Jesus’ name, amen.

DAY 24

Honor the Relationship

THE WORD / Romans 12:10

“In love of the brothers be tenderly affectionate to one another; in honor prefer one another.”

BENEATH THE SURFACE

Honor becomes practical through attention, appreciation, and consideration. It can look like acknowledging a message, thanking someone for preparation, remembering a milestone, or responding thoughtfully when a sistHER shares a need.

GIRL, BE HONEST

How can my GIRLS recognize honor in the way I treat them?

PrayHER

Lord, help me express honor in recognizable ways. Keep me attentive to the women around me. Let appreciation and consideration become consistent practices in my relationships. In Jesus’ name, amen.

DAY 25

Allow Room for Repair

THE WORD / Colossians 3:13

“Bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do.”

BENEATH THE SURFACE

We will encounter mistakes and disappointment. Forgiveness, acknowledgment, and changed behavior help us respond faithfully. Honoring the build includes being willing to say, “I missed that. Here is what I can do now.”

GIRL, BE HONEST

Where do I need to forgive, acknowledge my impact, or make a practical repair?

PrayHER

Jesus, teach me to forgive as You have forgiven me. Help me acknowledge my own mistakes and respond with humility. Give us wisdom as we work to restore trust. In Jesus’ name, amen.

DAY 26

Consider the Unfinished Work

THE WORD / Luke 14:29–30

"Or perhaps, when he has laid a foundation, and is not able to finish, everyone who sees begins to mock him, saying, "This man began to build, and wasn't able to finish.""

BENEATH THE SURFACE

Jesus' illustration names the consequence of beginning without considering completion. Our unfinished commitments can affect plans, resources, and people. When we discover we cannot finish, responsible communication allows others to make informed adjustments.

GIRL, BE HONEST

Is there an unfinished commitment I need to complete, renegotiate, or clearly release?

PrayHER

Father, help me face unfinished commitments honestly. Give me courage to communicate and take responsibility for my next step. Help me consider completion before agreeing again. In Jesus' name, amen.

DAY 27

Notice What Needs Attention

THE WORD / Proverbs 24:3–4

"Through wisdom a house is built; by understanding it is established; by knowledge the rooms are filled with all rare and beautiful treasure."

BENEATH THE SURFACE

A strong community needs wisdom and ongoing attention. When communication, care, and responsibilities are repeatedly neglected, connection can weaken and work can become concentrated in fewer hands. We can notice the pattern and choose a different response.

GIRL, BE HONEST

What needs attention now so that a small issue does not keep growing?

PrayHER

God, give me wisdom to recognize what needs care. Help me respond while there is an opportunity to strengthen the connection. Guide us toward practices that sustain our sistHERhood. In Jesus' name, amen.

DAY 28

Recognize What Shared Effort Makes Possible

THE WORD / Ecclesiastes 4:9–10

"Two are better than one, because they have a good reward for their labor. For if they fall, the one will lift up his fellow; but woe to him who is alone when he falls, and doesn't have another to lift him up."

BENEATH THE SURFACE

Faithful partnership creates possibilities we do not have alone. Shared effort can bring encouragement, practical help, and support through difficult seasons. This is part of what we nurture when we invest in one another.

GIRL, BE HONEST

What good have I experienced because someone faithfully showed up, and how can I help cultivate that here?

PrayHER

Lord, thank You for the gift of faithful companionship. Help me recognize and contribute to shared care. Strengthen relationships where women can offer help and receive it. In Jesus' name, amen.

DAY 29

Discern Your Next Step

THE WORD / James 1:5

"But if any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach; and it will be given to him."

BENEATH THE SURFACE

After examining the ground, we seek wisdom about what comes next. Your next step may be a clear commitment, a smaller contribution, a needed conversation, or an honestly communicated pause. Bring the actual decision to God.

GIRL, BE HONEST

Given my capacity and what I now understand, what is a faithful next step for me within GIRLS?

PrayHER

Father, give me wisdom for this season. Help me make a clear decision and communicate it respectfully. Lead me toward a commitment that honors You, my capacity, and this community. In Jesus' name, amen.

DAY 30

Let the Preparation Shape Your Practice

THE WORD / Psalm 90:17

"Let the favor of the Lord our God be on us. Establish the work of our hands for us. Yes, establish the work of our hands."

BENEATH THE SURFACE

We have taken time to consider what building requires. Now we carry that understanding into practice. The fruit of this journey will appear in the commitments we make, the care we offer, and the way we honor one another.

GIRL, BE HONEST

What specific practice will I carry forward from these 30 days?

PrayHER

Lord, establish the work of our hands. Let this preparation shape how we live together. Help us build with honest capacity, shared care, faithful communication, and love rooted in You. In Jesus' name, amen.

Prepared to build.

An honest yes starts here.

WHAT I UNDERSTAND

What has God helped me understand about my capacity, my commitments, and this sistHERhood?

WHAT I CAN OFFER

In this season, what can I offer faithfully?

WHAT I NEED TO COMMUNICATE

What agreement, limit, request, or update do I need to share?

WHAT I WILL PRACTICE

What specific practice will I carry into my relationships?

Seen. Honored. Valued.
Prepared to build together.