



*When
you...*

Clouds are temporary
Your beauty is permanent
Be like a star &

SHINE





1. When You Feel Like Quitting	3
2. When You Can't Sleep	4
3. When You Feel Overwhelmed	5
4. When You Feel Alone	7
5. When You Need Encouragement	8
6. When You Feel Lost	9
7. When You Need Strength	11
8. When Life Doesn't Seem Fair	12
9. When You Need To Know How Loved You Are	13
10. When You Feel Sad	15
11. When You Need To Laugh	16
12. When You Need To Smile	17
13. When You Feel Like Crying	19
14. When You Can't Sleep	20
15. When You Feel Overwhelmed	21
16. When You Had A Bad Day	23
17. When You Don't Feel Good Enough	24
Final thoughts	26-28

1

When you... feel like quitting

Remind yourself why you started in the first place. Remind yourself that there is no one else on this planet like you who can do what you are called to do. Remind yourself that whatever you're going through, Jesus already went through it, and defeated it for you, along with any other battle or trouble that may come interrupt your life. Lift your head up, Princess, your 'tiara' is falling off, and it's too Priceless to hit the ground!

Find someone to talk to that you know can handle your 'stuff'. There is always somebody that you respect and trust. Go to them and be honest, transparent, vulnerable, about how you feel about quitting. Sometimes, you just need to put a 'voice' with how you feel, so you can hear yourself express your feelings. The other person can listen, give you good advice, encourage you, and inspire you from stopping. Be willing to listen to them.

Anybody can quit. It's so easy to do. But, staying in the game and fighting makes you a stronger person for next time. Quitting robs you of who you can be! Quitting stops you from discovering what's on the 'other' side of your struggle. Quitting cheats you out of becoming all you were meant to be. It's a robber of the good things in life. Don't be quick to quit. Life will forever be a journey of highs and lows. Remember, there are always choices in life, but never let quitting be your first choice!

2

When you... can't sleep

Take a deep breath. Just slow down and breathe. Put on some worship music and talk with God. He's the best listener in the whole world. Feel Him embracing you, because He is. Allow His peace to overwhelm you. Instead of counting sheep, count your blessings. Think on the good things in your life, we all have them. Think about the happy things and moments that make life worth living. Know that if you've made it this far, you'll be ok. Calm down. Encourage yourself. Don't be restless, God's got you!

Whenever I can't sleep, I take out my bible, and start reading until I doze off. God's Word always calms me, especially reading in the Psalms! There are so many sweet promises there, even the promise of SWEET SLEEP! When I can't read my bible, especially if the light will keep someone up, I just lay in my bed and talk to God.

3

When you... feel overwhelmed

Sometimes, if I can, it helps me to just go outside, sit down, or lay on the grass, and look up at the clouds and sky, close my eyes, and listen to nature, the birds, the wind. I think about how small my issues, at the time, are compared to the big picture. God takes care of everything! The animals, the flowers, even every single blade of grass, so I know He can DEFINITELY take care of me and handle my 'stuff' no matter how big it may seem. It may feel so overwhelming to me, but in the hands of an ALL POWERFUL GOD...it's nothing He can't handle! Why worry, why feel overwhelmed, when the One who helps me and is on my side, is GOD?

People who
SHINE

from within don't need a

spotlight

4

*When you...
feel alone*

God knew your name before you were ever even born! Think about that. He always knows right where you are, what you've been through since you took your first breath. He even knows what you are thinking right now, in this very moment. He is so loving, and you are so amazing, that He said He would NEVER leave you, ever, no matter what. That means you are NEVER alone or all by yourself, even in those times when you feel the loneliest of all. We all feel that way, sometimes, but the Truth is, that is just a feeling, but it is not real. It's a lie to think you are alone, that no one loves you, and no one cares about you. God would never walk away from you and leave you alone. He can't because He loves you way too much. If you need a friend, He's one! If you want a 'human' friend, ask Him. He loves you so much, He'll send you one. Be encouraged, God sees you, knows you, loves you, and will always be with you....no matter what!

5

*When you...need
encouragement*

I like to turn on soft worship music or loud praise music when I'm feeling discouraged, and we all do from time to time, let's be honest! If you have a bible, take it to a quiet place, sit down, open the pages of that beautiful inspiring book, and just read. Read the Psalms because they are so full of God's promises to YOU! Talk to Jesus... be honest with Him. Tell Him how you feel, He's listening to you, always. He will always remind you of who you are, and what you have been born to do! He is a GOOD FATHER, who loves you completely, and longs to speak destiny and encouragement into your heart. He will inspire you and His Word will empower you! Don't be afraid of the silence with Him, because that's when we can hear Him the best...away from the world. When you are with Him, there's no need to impress Him, or entertain Him, or say the 'right' things, He just wants to be with you, and tell you that you matter, and you are lovely, and you are Priceless, and it's all gonna be OK!

6 *When you... feel lost*

Let me just take a moment to remind you that your Heavenly Daddy, God, knows every detail about you. There may be times when you feel lost, but guess what, you aren't because HIS eyes are always on you! He knows, every second, right where you are!! He will never let you down or fail you, ever. The bible calls Him the Good Shepherd, and do you know, that good shepherds are only good if they NEVER lose a sheep? You aren't lost, you aren't gone, you aren't misplaced, God is looking at you right now...keeping you safe, holding you close, loving you forever!

The closer we get
to being who we
are meant to be...
the brighter we
SHINE

7

*When you...
need strength*

God's strength is limitless, it never runs out. He always has enough strength for you to get through anything with Him! Lean on His arms, in surrender and trust. The bible tells us that He will give strength to His people. The bible also tells us that the JOY of the Lord is our strength. Being happy in Him, because of who He is and who He made you to be, gives you Strength!! It makes you strong and able to conquer whatever you have to face. You can also look to others you trust for strength. Leaning on others is never weakness, it's wisdom!!

We all need a helping hand at different times in our lives, for different reasons. There's nothing wrong with you just because you need help. God puts people in our lives so we can be there for one another. No one can walk this life alone, no one! Just a simple conversation with a dear friend, makes all the difference in the world. Don't be alone or stay alone. If you have no one you trust or feel you can lean on, ask God to send you a friend like that, and while you wait, lean on Jesus!

8

*When life...
doesn't seem fair*

I am guessing that something just happened that seems totally horrible and unfair, huh? I understand that feeling very well. Did you know, though, that you and I have the free will, the ability, to take those negative thoughts that run through our head, and replace them with positive thoughts about ourselves, and our lives. We can choose to stop dwelling on and thinking about unfair treatment. We can choose to stop replaying the event or circumstance over and over in our head. We have that choice, and that's powerful! Thoughts of unfair treatment don't have to dominate your mind or life! We all have gone through things we consider 'unfair', but guess what, we've all made it through to a better day, a better place. Picture yourself at the feet of Jesus, just sitting there with Him, and all of His love, and talk to Him about how you feel. He cares about everything, and I mean everything, in your life. If it matters to you, you can be sure, it matters to Him. Life isn't always fair, but GOD is!!

9

*When you...
need to know how
loved you are*

I need to take this moment with you to share with you how amazing you are!! No, really! You are breathtaking! When others come along and try to make you feel unloved, guess what? They are not speaking the truth. Jesus is so in love with you that He died before you ever even knew who He was. You were so valuable and so loved, that He left heaven, **WILLINGLY**, to come to this cruel, dark world, simply because He couldn't be away from the one He loved...YOU! You should take some post it notes, and write uplifting things about yourself that God is whispering to you all the time, if you'll just listen to Him whisper. Things like, "You are wonderfully and fearfully made", or "You are beautiful and you are my treasure", or, "I know everything about you", or, "I will give anything for you"...there are so many things God tells us that should convince any of us just how loved we are. We just need to take the time to listen. Write those things down, post them up around your room or on your mirror, and next time you feel 'unloved' let those words of love speak to your heart and tell you...there is **NO ONE** more loved, than you!!

You are loved every moment of every day. That is truth. God loves you completely. As a matter of fact, He couldn't love you anymore! He is always aware of you. He is always watching you. He is always thinking about you. You don't think about somebody **ALL THE TIME**, unless you really love them, right?

Keep your
face to the
SUNSHINE
and you cannot
see a shadow

~Helen Keller

10

*When you...**feel sad*

Just make yourself put a smile on that beautiful face of yours. You look so much more lovely when you smile, and it takes less muscles to smile than to frown! Take out your bible and read Psalm 95! It's powerful and so uplifting and inspiring!! Maybe find some good christian music that you love, and put it on, and sing along, and let the sound and words lift your spirit. Sometimes, you are the best friend you can have in your sad times, and you alone have the ability to lift yourself up. Sometimes there will be no one around but you and God. And to be honest, that's really all you need. Choose NOT to let your feelings control your joy. They will try, believe me, but you can decide, NOT THIS TIME! You can cry, there's nothing wrong with crying, just don't cry forever! Sad comes and goes, and I promise, this time it will go too, so hang in there and keep reminding yourself, you are not alone, and you are not the only one to feel sad sometimes. We all do. If you've got a friend you love, go spend some time with them...laugh, talk, goof off, and replace your sadness, with joy. Sadness is an emotion, and our emotions change ALL the time, so don't stay sad, you are too valuable and precious to let that emotion dictate your life for too long!

11

*When you...
need to laugh*

Think of a time you did something so silly or something so goofy, that you made yourself and others laugh! We all have something! Maybe you could find someone to tell that goofy thing to and make them laugh, which will obviously, make you laugh too! Nothing is more contagious than laughing!! Maybe think about the situation you are in right now, and find something FUNNY you can laugh about right in the face of the situation! Laugh back at life sometimes...on purpose! Put on a funny movie, listen to a funny person, watch funny videos...trust me, there's lot's of things and people to laugh about, you've just got to make an effort to find them! Let yourself LAUGH!

12

When you... need to smile

Remember how much JESUS loves you and HE really wants you to be so happy! People will always disappoint you and let you down, but, Jesus, He never will. He is your comforter, your friend, your reason to smile. Think about all the wonderful things and people in your life, and know that GOD did that for you! Think of all the powerful memories or significant moments you have lived and walked through. Think of all the victories you have gained, and all the accomplishments in your life. Think about all the people who love you and call you friend. Proverbs 15:30 says "A cheerful look brings joy to the heart". Smile and bring JOY to someone else's life today!

All the
STARS
will never
SHINE
as bright as
YOU

13

*When you...
feel like crying*

Please don't ever feel like you are weak if you hurt and feel like crying. Go ahead and cry. Tears are often a release and a refreshing, somehow. I have learned that if a situation is out of my control, just talk to God about it. Nothing is worth me crying over for too long, because everything changes with time. I try really hard to focus on good things and good thoughts. It's funny how joy always seems to show up after a good cry, right? You somehow feel better. I can't explain it, I just know that God said, 'sadness may last for the night, but JOY comes in the morning"! Yes, JOY always comes!! Tears are not evil, or wrong, or immature, or weak, no, God gave us tears. They help cleanse our heart and our mind. They help us unload the load we are carrying. They help us express ourselves in the moment. Emotions are not bad, God gave them to us! We just don't want to ever let our emotions control who we are...ever! Don't be afraid to cry to God and be totally honest with Him. He already knows everything before you tell Him anyway, so you might as well be real with HIM! Trust me, He can handle it all!! He saves every one of your tears, that's what He says in the bible. That's how special your tears are to Him. So, go ahead and cry, just make room for JOY when you are finished!!

14

*When you...
can't sleep*

I just start to think about Jesus and choose my thoughts carefully. It's so much easier going to sleep when I'm thinking on happy things, and not tossing and turning thinking about bad, discouraging things! It's something we have to train ourselves to do. We need to learn to recognize bad thoughts, and remove them quickly from our head! Negative thoughts only rob you of peace, and joy, and calm, and trust. We need those things to sleep well. So don't let bad thoughts steal from you! Too often our minds have been trained to dwell on self pity, and 'woe is me' thinking, and that won't help us sleep at all! Think on other things, on purpose. Refuse to lay in bed with negative emotions or thinking. Your body NEEDS sleep to function so you can't afford to give it up for stupid thoughts! Psalm 4:8 says, "In peace I will lie down and sleep for you alone, Lord, make me dwell in safety." Pray. That always brings a sense of peace when you know GOD is there in the room with you! Listen to worship music. That always works for me. Or, just lay there, and instead of counting sheep, count your blessings! If you're gonna be awake, at least spend the time on happy thoughts!!

15

When you... feel overwhelmed

Stop. Breathe. Count to 10, or whatever number you like. Cry if you need to. Pray. God, our wonderful Father is always listening when we call out to Him! Just like your mom or dad hears you and recognizes your voice above all other voices, so does GOD. He loves you and He longs to help you, every time in everything! No matter what. Ask Him to help you calm down. He will. Don't react to things...respond, after you have calmed down. Too many people say or do foolish things they can't take back in a moment of feeling stressed and overwhelmed. Words are spoken, and actions are taken, that sometimes can't be erased, when we don't calm down first. Think before you speak, right? Go for a walk, take a break, clear your mind...expect God's peace. He will be faithful!

Don't let someone
dim your **LIGHT**
simply because it's
SHINING
in their eyes

16

*When you...
had a bad day*

Welcome to the club, dear beautiful, priceless young lady!! Everyone, and I mean, everyone has a bad day from time to time. Sorry to be the bearer of bad news. Sometimes, as ladies, we always feel like bad things ONLY happen to us, but that, my dear friend, is simply NOT true...ever! Every girl you know, and I'm talking every girl, popular girl, unpopular girl, pretty girl, plain girl, skinny girl, overweight girl, smart girl, special ed girl, every girl, has a bad day! Another thing, they don't go away just because you get older or wiser, or you graduate, or you catch the best boyfriend, or you have the bestest friends in the whole wide world, life is hard sometimes. That's just the way it is. The good news is, bad days go away, and you are strong enough to handle them. We all are, really, even if we don't know that yet. We can't get rid of bad days, but we can decide that bad days don't rule us! You just have to make the decision, just like we all have to, that it will pass and you'll be ok, and good days are in your future, guaranteed! Endure the bad, along with the good...you'll make it!

17

*When you...don't
feel good enough*

Often, we ladies, spend our time comparing ourselves to others. We always think we don't measure up, we aren't pretty enough, or smart enough, or skinny enough, or enough, period! We waste so much time longing to be someone else, and not near enough time looking into the mirror and falling in love with that beautiful girl looking back at us. Yes, I said beautiful. There is no one in this whole wide world, and it's big, trust me, that is better at being you, than you are! You are the BEST you in the whole universe! There is no one to compare you to because there is NOT another YOU to compare to!! Who decides if you are 'good enough'? Friends? Enemies? Strangers? Hollywood? Celebrities? The popular girls? WHO? Who are you letting dictate your worth?? Your value?? Your beauty?? God is the ONLY one qualified to put value on you because He is the ONE who made you and KNEW YOU before you were ever born! He came up with you...no one else designed you but HIM. He says, "You are beautiful. You are significant. You are necessary. You are GOOD ENOUGH. You are Priceless." Let's just go ahead and listen to God. I like what He thinks about me better anyway.

Let your light

SHINE

brightly

so that others can see

their way out of

the **DARK**

Final Thoughts...

If I had known some things when I was your age, that I know now, I would have done things differently. If someone had taken the time to give me some solid advice about my worth, and my value, and my beauty, and my destiny, maybe my life would have turned out better. Actually, I know it would have. Words, at the right time, can be so powerful and impact our life forever. Words from a friend have the potential to transform a life and save a life from heartache and pain, the potential to change everything. If I had known then, when I was your age, what I know now:

I would NOT have had sex as a teen girl....ever!

I would NOT have believed the lies that boys tell you, just to get what they want from you.

I would NOT have spent so many nights crying on my pillow because I felt like a mistake.

I would NOT have spent so much wasted time wishing I was someone else, because I didn't think I was good enough.

I would NOT have hated the image staring at me in the bathroom mirror.

I would NOT have stayed hidden like someone who just didn't matter.

I would NOT have drank and partied just to try and fit in with people who don't matter in my life and who are long gone.

I would NOT have treated my parents, who loved me completely, with disrespect and dishonor by ignoring them, talking back to them, talking about them, because my dad is gone now, and I can't apologize now for what I did then, and I have to live with the hurt I caused.

I would NOT have stayed away from God or played around with being a christian, because that's the ONE thing I have needed all of my life....It's the ONE thing that has helped me to survive!

I would NOT have wasted my thoughts on people who didn't have time for me, trying to impress people who I really didn't like in the first place.

I would NOT have used drugs and sex to try to 'fit in' because it only left me with a broken heart and lots of regrets.

Oh, how, I would NOT have done the things I did because I missed so much: I got pregnant....

I missed finishing high school

Going to prom

Hanging out with teenage friends

Being a young adult on my own

Going to college

Getting married to the right man, the right way

Going on a honeymoon

Planning a family, instead of having an unplanned one

Going on family vacation

Enjoying being a beautiful, priceless, young lady

I missed too much...

(cont.)

Final Thoughts (cont.)

There are so many things we miss, if we make wrong choices when we are young, trying to fit in and trying to be who we were never born to be! It's a sad way to live, to spend the rest of your life thinking back on a life you never were able to have, because you were young and 'foolish'. Please read this book, refer back to it, let it encourage you everyday, every step, every situation and circumstance. Let it inspire you and challenge you, to be completely YOU! Everyday, be ONLY you!

*Written with love,
by grown beautiful women,
for young beautiful women!*



MichelleRae.org
Michelle Rae Ochsner Ministries
Copyright 2018