



THE  
*Proverbial*  
GIRL

*A 31-Day Devotional of Wisdom, Values and Being Fabulous*



LISA MCCLENDON-BRAILSFORD

## WHAT PARENTS AND LEADERS ARE SAYING...

Lisa McClendon-Brailsford has answered the prayers of every parent looking to provide their daughters with a tool for spiritual focus. As an advocate for youth, I consistently interact with brilliant and gifted girls that can't find their spiritual center. As the father of a 15 year old daughter, I'm a witness to the daily need for a Proverbial Girl. This devotional is simplistic genius that gives our daughters, nieces, grand-daughters and adopted daughters content that feeds their growth in a pop-culture driven environment bent on robbing them of that evolution. Well Done!

*Jeff Johnson, Award-winning journalist/Former BET host/MSNBC contributor*

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The Proverbial Girl is genius. In a world that concentrates more on outward packaging than inward content, which usually leads to empty disappointment, this book does just the opposite. It shines the spotlight on what truly matters, developing real substance on the inside, so that we will sparkle and radiate on the outside!!!

*Maria Durso, Senior Pastor, Christ Tabernacle, Queens, NY*

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The Proverbial Girl is a great devotional that assists in molding and developing my daughter into a Proverbs 31 Woman. Going through The Proverbial Girl allows her to focus on each verse, grow spiritually on a daily basis and 'Live it Out' throughout the week. Thank you Lisa McClendon-Brailsford for accepting the call to write this book. God bless you!

*Katie (Mother of teenage daughter), Maryland*

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I am firmly convinced that practical, Godly Wisdom is one of the most prevailing needs and gaps of our world today. This book by my family, Pastor Lisa helps to fill this gap. She also gets at the heart of a powerful group of individuals who need our love, guidance, and support – our young ladies. As a father to a daughter, I too am passionate to ensure that she understands her purpose, passion, and power. I'll be one of the first in line to get this amazing resource! You should join me!

*Christopher J. Harris, General Overseer of Children/Youth, Full Gospel Baptist Church Fellowship International*

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Having raised a daughter in faith under the covenant of Christ Jesus I can truly say that this devotional is greatly needed for our young queens. Identity comes from Christ and they need to know who they are in Him in order to truly be effective in this world. The Proverbial Girl will assist them through this journey.

*Kenny & Nicole (Parents of teenage daughter), South Carolina*

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Lisa McClendon-Brailsford has accomplished a masterful feat through the writing and authorship of The Proverbial Girl. I am delighted to commend and share my acclaim on what I've found to be an insightful and inspiring

daily devotional for young girls. Through the resource of this wonderful tool, undoubtedly young girls will be able to formulate a biblical view on changes and challenges they are facing. This devotional is destined to enlighten, educate and empower those that will arrive at pivotal decision-making points in their lives. It's truly an easy contemporary read and quite simply, outstanding!

*Co-Pastor Susie C. Owens, Greater Mt. Calvary Holy Church, Washington, DC*

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It takes a "Proverbial Woman" to inspire a "Proverbial Girl!" Brilliant, Bold, & Beautiful are the words that come to mind when I think of my Lil Sis Lisa McClendon-Brailsford. I strongly encourage every woman who touches the lives of girls in any capacity to sow this witty, relevant, easy to read devotional into her life then watch her bloom!

*Elder Vikki Johnson, Speaker, Author, Mentor, Founder, Girl Talk Unplugged & Sacred Sister Leader Network*

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As the parents of three daughters, we are delighted to find a practical and engaging resource that will help them to understand, appreciate, and value who they are in Christ.

*Sam & Wanda (Parents of two teenage daughters and one young adult daughter), Florida*

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Scripture teaches us that when we train a child in the way they should go, they will not turn from it when they are older. This devotional is a perfect display of how we can help raise young women into godly women. As they prepare to face this big brutal world, in their adult life, young women will now learn how to seek GOD daily in their walk. I applaud the selflessness of Lisa McClendon and Rev Russ for bringing something so needed and so timely to the masses. I truly pray every young lady that encounters this book is encouraged, motivated and strengthened in her walk.

*Samantha Selolwane, VP of Promotions, RCA Records*

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The Proverbial Girl is an invaluable guide in directing young women, towards their purpose in Christ and achieving spiritual balance. Through her unique ability to use personal stories and anecdotes alongside biblical principles, Lisa McClendon-Brailsford encourages our daughters to walk this road with courage, character and integrity, providing them the tools to navigate this challenging and changing world, God's way. It is a blessing to women of all ages.

*Myriam (Mother of teenage daughter), Maryland*

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Lisa McClendon-Brailsford is known for her beautiful voice and heart for worship. She leads us beyond singing but to the place where God's love for us becomes more than an idea but our reality. Now, we can add gifted writer

to the way she reveals how deeply the Father loves us. As I read this book, I wished it had existed when I was a teenage girl looking for my identity and I'm thankful I have it as a tool for my three daughters now. This devotional makes it clear how God deeply values girls. His value for us goes beyond looks, what we wear and what circle we hang in. He values all girls. I encourage you to get this for your daughter and read it with her! I guarantee not only will it help her see how valuable she is to God, but it will help you too!

*Shun Strickland, J.D., M.A., Pastor, Fellowship of Champions Church, Houston*

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Every woman is born with a unique power, yet to date, there has been no tangible manual on how to harness and mold the power and influence that every "girl" possesses from birth. Until Now!! The Proverbial Woman teaches every girl and every woman how to operate wisely and boldly in her complete self. Lisa's insight is timeless, life changing and provocative. You will be pushed into greatness. The Greater You. There's nothing like being "A Girl".

*Tina (Mother of two teenage daughters), Chicago*

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Lisa's passion for the purity and purposeful living for today's young ladies is evident in this book. Every girl needs this book for a quality life!

*Deborah Smith Pegues, Bestselling author, "30 Days to Taming Your Tongue", California*

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Lisa McClendon-Brailsford has gifted the body of Christ with an anointed and remarkable self-care ministry for the "Girl Child". Exploited by the culture, often overlooked by the educational system and taken for granted by the Churches; the inner life of the "Girl Child" has too often been cloaked in a disturbing silence. Thank you Lisa McClendon-Brailsford for empowering the "Girl Child" to give voice to her faith issues and awareness. Thank you for making the Gospel accessible. Thank you for equipping Mothers, Grandmothers and GOD Mothers with a daily occasion for Impartation, Affirmation and Discipleship as we seek to Bless the hearts of the "Girl Child". I Believe that with this publication; we will perceive the "breaking of every yoke of bondage" that would seek to ensnare, corrupt or abort the Kingdom destiny of the "Girl Child" in your life or Ministry. In the Name of JESUS AMEN.

*Rev. Cecelia Williams Bryant, Senior Episcopal Supervisor, AFRICAN METHODIST EPISCOPAL CHURCH*

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Every page of "The Proverbial Girl" is written from the heart and brimming with love. Finally, there's a book for young women that will make them feel cherished and appreciated, while challenging them to become great. Lisa McClendon has found the right formula to empower the young women of today.

*Sheri Booker, award-winning author of Nine Years Under, Maryland*

*The Proverbial Girl: 31-Day Devotional of wisdom, values, and being fabulous*  
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Published by After The Music Stops LLC in the United States of America.

ISBN 13: 978-0-9856440-4-8

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Cover Design: Christopher Thomas of Chris Thomas Graphics

Interior Design: Brandi K. Etheredge

Copy Editor: Candance Greene of Cherishedflight Communications, LLC



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# Dedication

This book is dedicated to my own Proverbial Girl, Diamond McClendon. This dream started with you at heart, and I pray that life at home shows you the balance of what a Proverbs Woman truly is. I am honored to be your mother and your example. Thank you for being a rhythm to my heartbeat. You are truly an amazing gift in my life and to the world.

I love you,  
Mom

## THANKS

To the women who have help mold my life:

My mom, Goldia Felder: Thank you for being an example of wisdom and strength. You are my hero in many ways. Thank you for passing on to me the gift of writing. Thank you for all you've sacrificed so I could be the woman I am today. Your labor of love will be rewarded. Remember you are more than enough in my life and my love for you is much greater and deeper than you can imagine. I love you.

My mother-in-law, Audrey Brailsford: You are such a beautiful accessory to my life. Thank you for being my example of a praying woman who loves her family. Your encouragement is contagious and your love is genuine. You are a blessing.

My spiritual mother, Cynthia McKnight: What can a girl say but, "Thank You"? You helped to save my sanity and you continue to push me in the direction of Christ. I am grateful for your encouragement, your correction and your love.

My friends, Toya Poplar, Myshel Wilkins and Kim McKaig: Words cannot express how much your friendship means to me. Each one of you has inspired this book in so many ways. You are the epitome of Jesus Women. Thank you for being true friends. You keep me

accountable and you remind me that I'm worthy. Your love and friendship is absolutely incredible.

### SPECIAL THANKS

To my husband, Maurice Brailsford: Thank you for being my "ride or die". You believed in me when I didn't know how to believe in myself. Thank you for pushing me into destiny. You wouldn't let me quit because you knew I could do it...and I did! On your worst day you are the greatest man in my life. You're my friend, mentor, teacher and hero. I love you, Mr. Brailsford.

To Russell St. Bernard: I almost feel like I need to dedicate a whole page to you, Sir! I'm at a loss for words on how grateful to God I am for you. Heaven crossed our paths, and I thank you for being a mentor to me. I am honored that I have found favor in your sight. I have learned so much from just listening to and watching you. You are anointed for this generation, and this book happened because of your obedience to God. I could not have done this without your guidance and help. I'm ready for the next round. Your little big sister, Lisa.

## About Lisa



Lisa McClendon-Brailsford is an international recording artist best known for the soulful worship song, "You Are Holy." She is a Dove and Stellar Award nominee who has performed with such gospel greats as Fred Hammond, Byron Cage, Mali Music, J Moss, KeKe Sheard, Mary Mary and Tye Tribett. Lisa has released five albums and is currently working on her sixth project entitled 5AM.

Lisa is a survivor of sexual abuse who established Girls Life with

Lisa McClendon, a non-profit organization created to empower girls to "own today and possess tomorrow". Through Girls Life with Lisa McClendon, girls are motivated to overcome sexual abuse, abandonment and rejection, poor self-image, drug and alcohol abuse in an environment specifically designed to enable them to take control of their lives.

Lisa and her husband, Maurice Brailsford, launched City of Life, an outreach ministry in Charlotte, NC. There she started BIG LIFE, a unique youth ministry designed to ignite the heart of youth for God. Lisa shares stories of hope and guidance through her unique blog, "Family, Music and Ministry".

## Why Proverbial Girl?

As a mom of a teenage girl, I searched for a book or magazine that could teach her the things I felt all girls should know. Unfortunately, most of the books and magazines I found focused on how to get the boy of her dreams, how to apply make-up, or how to match a blouse with a cute skirt. Now don't get me wrong, I know a lot of girls are interested in guys, make-up and fashion, however, I didn't see how any of these topics would prepare her for the real world that is constantly changing around her.

It was in that moment that I knew God, our Father, was calling me to write this book. The only problem was I wasn't sure how.

One day, I received an unexpected call from Rev. Russell St. Bernard, author, speaker and Youth Pastor at Reid Temple AME Church, to join the After the Music Stops family by writing a devotional for girls. Of course I was all in!

What greater place to teach my daughter and other girls how to carry themselves than through Proverbs 31 which tells the story of the perfect young woman who is well-rounded and resourceful. Living life in this manner should be every young girl's ultimate goal.

Proverbial Girl is filled with funny, inspirational and challenging stories that are designed to teach you how to walk like a Proverbial Girl NOW!

The book of Titus encourages the older women to teach the younger women how to grow and walk in this life. So, just consider me your "Big Sister" for the next 31 days. You are not alone. Someone is praying for you and cheering you on as you read this book.

Moms, I encourage you to read this book, too. We are never too old to grow and learn. I know I still am.

Enjoy laughing at my pain and celebrating your victories.

Alright, are you ready? Great! Let's get started.

## Overview of Format

- **SCRIPTURE** – Daily Bible readings will come from the NIV translation. Each will be shortened to 1 to 4 Bible verses in order to help you get through your readings.
- **SAY WHAT?** – Translations of the scripture into simple sentences to help you focus on the key point(s).
- **BREAKDOWN** – The devotion for the day that relates the scripture to everyday life to foster growth for you as a student.
- **LIVE IT OUT** – Practical instruction of what you can do today to fulfill the scripture and purpose covered in each individual devotional.
- **HI GOD, IT'S ME** – Short prayer for you to ask for God's help with the instruction of the day.
- **REFLECTION** – Journaling space to write down what the day's passage means to you, and/or how it has impacted you.

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# Day 1

"For her worth is far above rubies."  
— Proverbs 31:10 NKJV

**SAY WHAT?** What you're actually worth is more valuable than anything on the earth, and that's priceless.

**BREAKDOWN:** My kids love bread, and although I hate bread, I love it, too. I especially hate bread when they place it on the table at restaurants. I usually give the waiter or waitress the evil eye as I say to myself, "*Now you know you're wrong for putting that delicious, buttery, hot bread on my table*". As tempting and delicious as that bread is, it has absolutely no nutritional value. So, I stopped allowing the servers to put it on the table altogether.

"For her worth is far above rubies" (Proverbs 31:10). How is this possible, and what makes this Proverbial Girl so valuable? What makes her valuable is not what's on the outside, but everything she responsibly deposits on the inside, like personal quiet time with the Father, healthy friendships, good mentors and even healthy diets and exercise.

A Proverbial Girl must be willing to stop allowing things of no value to be placed on her table of life and be willing to invest quality "ingredients" on the inside. A Proverbial Girl also takes proper care of herself because she knows that her body, soul and mind are the temple of God.

**QUALITY INGREDIENTS + PROPER CARE = GREAT WORTH AND VALUE.** Are you investing quality ingredients and taking proper care in your life? All of these things play a role in producing an excellent and valuable you.

HI GOD, IT'S ME!

Thank you for being my example of greatness. All that you are is excellent. Show me how to be a person of excellence and great value. Thank you for the strength to deposit good things in my life, and even greater strength to walk away from things that harm my worth.

In Jesus' name,

Amen.

**LIVE IT OUT:** Take a moment to write down 5 things that make you valuable and 5 things that can destroy your worth. Make a conscience effort to be more involved in the things that make you valuable and begin to pull away from the things that can destroy your value.

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# Day 2

"For her worth is far above rubies."  
— Proverbs 31:10 NKJV

**SAY WHAT?** Your results are inaccurate if you measure yourself with the wrong thing.

**BREAKDOWN:** She was my cousin and she was beautiful. Not only was she beautiful, but she had everything she wanted and everything that I wanted, too. I remember going to her house to play. Her room was every girl's dream: pink and white with a beautiful canopy bed in the middle, and a Barbie doll house almost big as my own! While I was happy to play with her, I secretly measured my value and worth to her beauty and the things she had.

Against what do you measure your worth?

When determining who's taller, we use a ruler. When deciding the right amount of liquid in a container, we use a measuring cup. When looking to see how much weight we gain or lose, we use a scale. How silly would it be to measure your weight with a tablespoon, a glass of water with a ruler or salt on a scale? Pretty silly, huh?

"For her price is far above rubies." Her price is known because her worth has been measured properly, using the correct system. We can never get the true worth or value of anything when we measure its value using the wrong measuring system. A Proverbial Girl never measures her worth by outward people or things. Measuring ourselves by other things and people causes low self-esteem and leaves us feeling insecure. A Proverbial Girl knows her true value can only be determined when she measures it by the great potential the Father has already placed on the inside of her.

HI GOD, IT'S ME!

Thank you for creating me in your likeness. I understand that because I was created in your likeness I am priceless. Teach me how not to measure myself against my friends, but instead appreciate my friends', and my own, worth.

In Jesus' name,

Amen.

**LIVE IT OUT:** Read Galatians 5:22-23

Take a moment to measure where you are in life by the Fruit of the Spirit. Circle the characteristics you now have and underline the ones you need to work on.

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# Day 3

"Her husband can trust her."

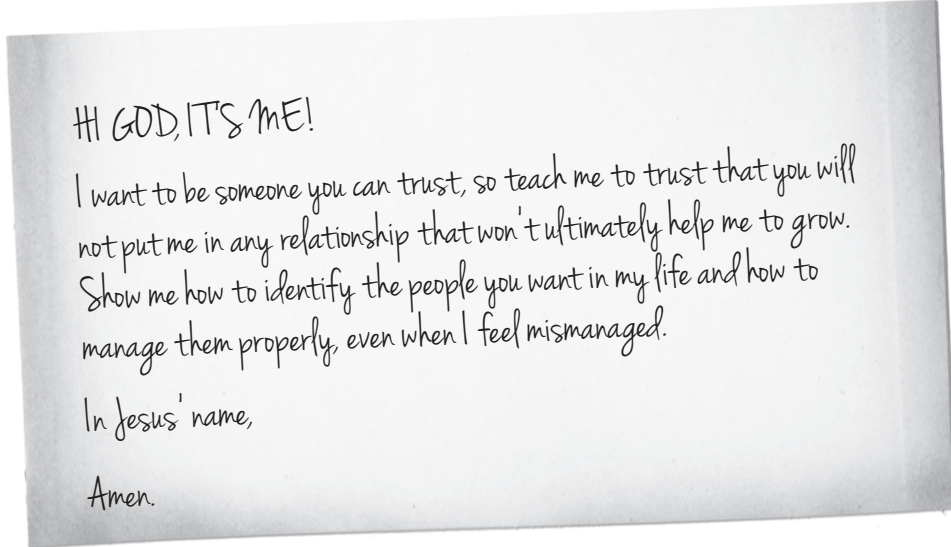
— Proverbs 31:11 NLT

### SAY WHAT? Can God Trust Me?

**BREAKDOWN:** Who's on your team? Our life is like a team and we are the team captain. We have the opportunity to manage our team, and that includes the people you encounter every day—your parents, siblings, friends, classmates, and yes, even your teachers. God blesses us with different types of relationships that He trusts us to handle well. Even when people are hurtful or annoying, like little brothers or sisters, He expects us to handle them with love and with kindness. Now ask yourself this question, "Am I helping or hurting my team?"

It's easy to help the team when you feel appreciated and valued, but that task can be a bit more challenging when the team hurts us. Jesus is such a great example. God trusted Him with a great assignment, and Christ showed the greatest love to people who didn't love Him back. He was able to do this because He trusted God.

"Her husband can trust her." Trust is the key to this wise proverb. The way you respond to the world around you shows how you can be trusted in it and with the people in it. God can trust her because He knows she can trust Him to protect her in every situation, even painful relationships. A Proverbial Girl can be trusted by God to properly manage relationships that He gives her. She ensures that everyone feels appreciated and valued, just as God the Father makes us feel. And as God can trust you with the relationships you have, He will trust to give you more relationships to both manage well and cherish forever.



HI GOD, IT'S ME!

I want to be someone you can trust, so teach me to trust that you will not put me in any relationship that won't ultimately help me to grow. Show me how to identify the people you want in my life and how to manage them properly, even when I feel mismanaged.

In Jesus' name,

Amen.

### LIVE IT OUT:

What relationship in your life challenges you the most? How might that challenge help you to grow in love?

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# Day 4

"She will do him good and not evil all the days of her life."  
— Proverbs 31:12 KJV

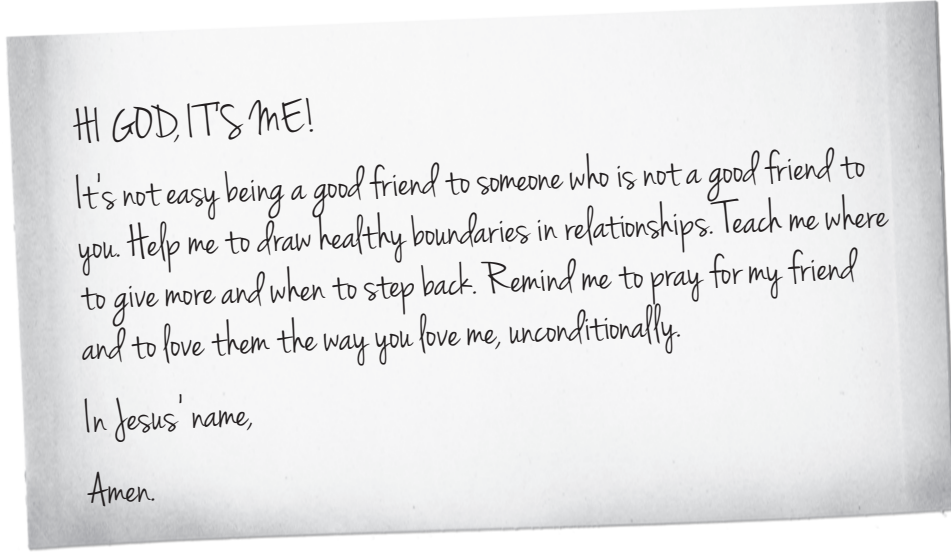
**SAY WHAT?** She will be a 5-star friend at all times.

**BREAKDOWN:** Imagine booking a night in a fancy hotel. You are so excited. You take in all its beauty as the clerk at the front desk checks you in. You can't wait to get into your own private room, but when you do arrive you are greeted with chaos. The room doesn't appear to have been cleaned, the bathroom floor is sticky and the shower looks like it's been used by everyone else in the hotel. You're confused because the hotel has received a 5-star rating, but what you are experiencing is a 2-star disaster!

We often become friends in the same manner when we "check-in" to what we believe will be the perfect friendship, only for it to end up being a complete nightmare. She lied on you. She betrayed you. She let you down. Let's face it, none of us have been the perfect friend, and the only friendship whose quality you can guarantee is your own.

John 15:15 tells us that Jesus calls us friend. Imagine that! As often as we are unreliable, unpredictable and sometimes dishonest with Him, He still calls us friend. He calls us friend because of His loyalty to us, not necessarily ours to Him. He loves us and love makes adjustments for other people's shortcomings.

"She will do him good and not evil all the days of her life." It's interesting how the proverb refers to her loyalty not his. Seems a bit unfair, huh? Being a 5-star friend does not rest on the person you are on the outside, but who you are inside. A Proverbial Girl is a good friend who knows her friends' strengths and weaknesses. When she sees her friend has challenges with being honest, loyal or reliable, she is able to draw limits based on what her friend is able to handle because she's a 5-star friend.



## LIVE IT OUT:

Identify a friend who is a little rough around the edges. Ask her how you can pray for her, and commit to doing it.

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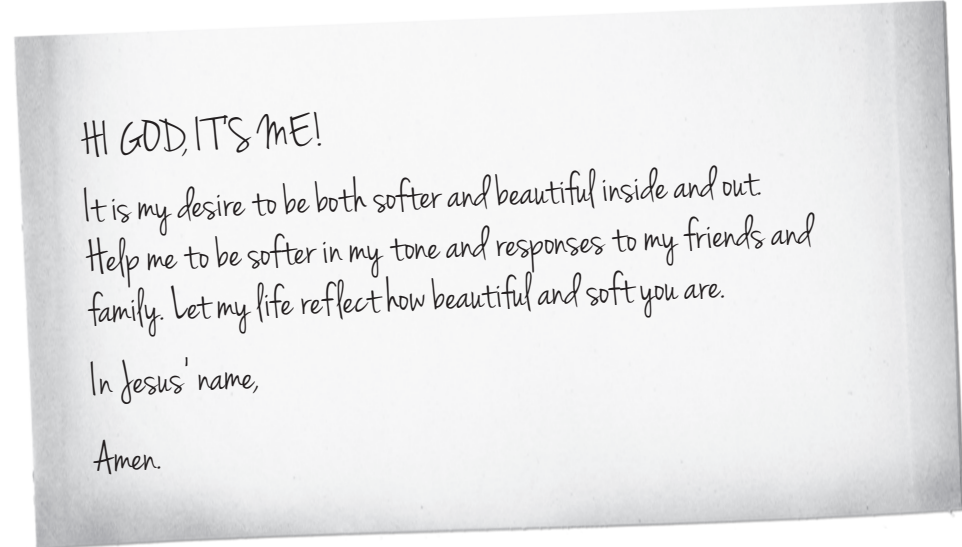
Day 5

"She seeketh wool and flax..."  
 — Proverbs 31:13 KJV

SAY WHAT? She goes the distance to be Soft and Beautiful.

BREAKDOWN: I've always admired my friend Myshel. Not only is she a beautiful woman from Ghana, but she's always so soft in her response to people. I would watch her from afar as she provided the softest responses in the most difficult situations. I was totally the opposite. My responses were nothing short of harsh, direct and defensive, and my cold and damaged heart only allowed the world around me to experience stiffness and pain. Somehow, Myshel had developed a gentle heart that everyone who encountered her had the opportunity to experience. One day, I mustered the nerve to ask what her secret was to being so soft and beautiful. Her response would both convict, as well as challenge me. She revealed that every morning before the world around her rises, she would rise to spend time with the Father. She would talk to God, pouring her heart out to Him and He would refill it with His love.

"She seeketh wool and flax." Anything worth having in life is worth seeking. While some things are easy to come by, other things require a little more time and effort to obtain. How bad do you want the best out of you? Are you willing to put in the time and effort to find it, to dig deep for it or to search for it? The Proverbs woman sought wool and flax. Wool is a soft textile fabric and flax is a beautiful flower. Both wool and flax are also expensive. Myshel possessed something I desired, but I had to be willing to seek and pay the cost of sometimes being uncomfortable to have. A Proverbial Girl is willing to seek out and pay the cost to be soft and beautiful towards the world around her because she knows it's well worth it.



LIVE IT OUT:

Identify where your response has not been the softest. Today, practice thinking before you respond. Make it your goal to respond in a soft and beautiful manner regardless of the situation.

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# Day 6

*"She worketh willingly with her hands."  
— Proverbs 31:12, 13 KJV*

**SAY WHAT?** A Proverbial Girl is consistent and refuses to give up.

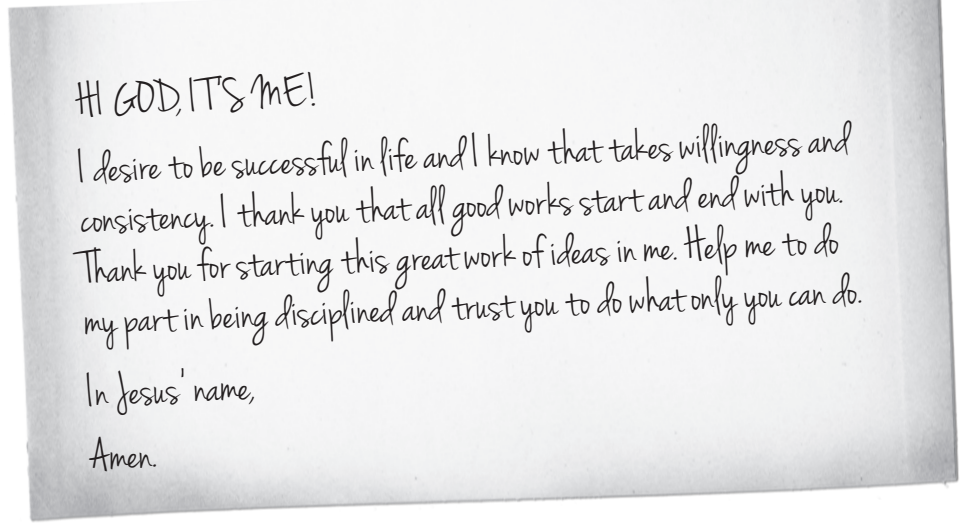
**BREAKDOWN:** One of my greatest challenges was starting something and not finishing it. Every year was going to be "THE YEAR" of me getting in shape and losing weight, eating NO MORE meat, or playing my guitar for 30 minutes every day. We all mean well when we first start out, but the real challenge comes when we have to be consistent in maintaining what we started.

I started learning to play the guitar after a mentor encouraged me to do so. He suggested that it would really add to my singing and writing, all while making me a more well-rounded artist. My goal was to play fluently in one year, and I knew the only way to reach that goal was to be consistent.

The key to being consistent is planning ahead, counting up the cost (what am I getting myself into and what will I have to be willing to sacrifice), being determined and having a great support system to help you along the way. Soon, even my hurting fingertips couldn't keep me from reaching my goal. Almost one year later I had met my goal, and I was able to play my guitar (which I named "Ella") at a wedding.

"She worketh willingly with her hands." There are two things a Proverbial Girl is not afraid to do: work hard and be consistent. When you have a goal and you believe in that goal, your actions to diligently work toward it will always bring you success. The Proverbial Girl also knows how important it is to surround herself with encouraging people who love and want to see her succeed in life. Because of this, I have been a successful vegetarian for over a year now, and I have played my guitar occasionally at different public places.

Always remember, a Proverbial Girl is up for the challenge to be consistent in every part of her life because consistency helps her meet her goals.



## LIVE IT OUT:

So, let's get real! What are you procrastinating to do? Make a new deadline. Divide the work by the number of days you have before your deadline. Ask a reliable friend to check on your process. Now get to work! Success is waiting.

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# Day 7

"She is like the merchant ships, bringing her food from afar."

— Proverbs 31:14

**SAY WHAT?** She brings life to others.

**BREAKDOWN:** Have you ever known someone that drains everything from you? They complain all the time and are always negative. They even looked draining! I called them "SUCKERS." They suck the life out of life! You feel bad to admit it, but you hate to see them coming. There's nothing worse than having a great day only to have one person come around to single-handily make it become a nightmare.

I use to be a "sucker." I could never see the good in anything because I always saw the negative first. I had not learned how to bring life because I had not fully accepted that Christ had given me life, and with His life, I no longer needed to be and feel lifeless.

A Proverbial Girl brings life to everyone around her because she knows she possesses life inside. You may be having the worst day ever, but she has the ability to make your day a whole lot brighter. You may feel like there's no reason to smile, but she gives you many reasons. "She is like the merchant ships, bringing her food from afar." A merchant ship receives goods and products from far places and brings them in reach of those who need them. The Proverbial Girl is compared to a merchant ship that brings food, or the Bread of Life, from a distance. As a Proverbial Girl you not only bring life to others from afar, but you also possess life for yourself.

I eventually learned how to embrace life, and I realized that I was draining and I didn't want to be that way anymore. I surrounded myself with people that would challenge my lifeless thinking and give me a reason to live. Embrace the life that is in you and be willing to be the Proverbial Girl who will deliver that same empowering life to others.

HI GOD, IT'S ME!

Thank you for empowering me to carry life within myself and bring life to others. Help me to resist the urge to complain and bring darkness to the life of others. I want to represent life to everyone I meet, and let everyone who leaves my presence leave with more LIFE and more of you.

In Jesus' name,

Amen.

## LIVE IT OUT:

List how many great things you can spot in your day today. Post them on your social media pages and hashtag them #ThankfulForLife.

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# Why Proverbial Girl?

As a mom of a teenage girl, I searched for a book or magazine that could teach her the things I felt all girls should know. Unfortunately, most of the books and magazines I found focused on how to get the boy of her dreams, how to apply make-up, or how to match a blouse with a cute skirt. Now don't get me wrong, I know a lot of girls are interested in guys, make-up and fashion, however, I didn't see how any of these topics would prepare her for the real world that is constantly changing around her.

It was in that moment that I knew God, our Father, was calling me to write this book. The only problem was I wasn't sure how.

One day, I received an unexpected call from Rev. Russ inviting me to join the After the Music Stops Family by writing a devotional for girls. Of course I was all in!

What greater place to teach my daughter and other girls how to carry themselves than through Proverbs 31 which tells the story of the perfect young woman who is well-rounded and resourceful. Living life in this manner should be every young girl's ultimate goal.

Proverbial Girl is filled with funny, inspirational and challenging stories that are designed to teach you how to walk like a Proverbial Girl NOW!

The book of Titus encourages the older women to teach the younger women how to grow and walk in this life. So, just consider me your "Big Sister" for the next 31 days. You are not alone. Someone is praying for you and cheering you on as you read this book.

Moms, I encourage you to read this book, too. We are never too old to grow and learn. I know I still am.

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## ABOUT THE AUTHOR

Lisa McClendon-Brailsford is an international recording artist best known for the soulful worship song, "You Are Holy". She is a Dove and Stellar Award nominee who has performed with such gospel greats as Fred Hammond, Don Moen, Byron Cage, Mali Music, J Moss, KeKe Sheard, Mary Mary and Tye Tribett. Lisa has released five albums and is currently working on her sixth project entitled 5AM.

Church & Ministry/Ministry Resources/Youth Ministry  
ISBN 13: 978-0-9856440-4-8

