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# God Loves *You*, Girlfriend!

“For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.” (John 3:16)

This verse is so much what we are about. Sharing God’s love. Sharing the good news about that love. Sharing the joy of knowing we can have eternal life with God because of the gift of God’s Son. As women, that also means sharing our lives...and a little bit of chocolate.

This book is about celebrating God’s love and the relationships we can have because of that love. Relationship with God. Relationships with family. Relationships with friends—especially girlfriends! We asked women around the world to share their stories with us, and the result is this book. Women sharing their hearts, stories, and their journeys with one another.

There are 52 devotions in this book, enough to last you a year if you only read one a week (but we won’t discourage you from reading them as quickly as you want!). Each includes a Bible passage and a reading, as well as a “Sweeten Your Life” idea to put what you’ve read into action right away. These are super-simple suggestions that anyone can do—even you!


And mixed in with these devotions, you’ll find “God Loves Girlfriends” pages, which will help you discuss with other women what you’re learning through these devotions. You can use these when you get together with a friend for coffee

or any time you get together with a group of women.

These extra “God Loves Girlfriends” pages will help you share what’s happening in your life through using this book. So be sure that all your friends have a copy of this book so discussion of these devotions can happen easily and naturally. No matter where you are in the book, you can share by using the suggestions on these pages.

And then, tucked in here and there, you’ll find a few delicious (and super-easy) recipes for chocolate treats. Make these with your friends, make them for your friends, eat them with your friends. You get the idea!

So celebrate God’s love. Celebrate friendships. And celebrate chocolate!



*“Taste and see that  
the Lord is good.”*

*(Psalm 34:8)*

# SAMPLE Devotion

## Chocolate Words

*Kind words are like  
honey—sweet to the soul  
and healthy for the body.*

(Proverbs 16:24)

My friend Patty is a traveler. She heads off on an airplane just about every weekend to some new experience. Instead of being jealous though, I'm always glad she's hitting the road. Why? She always brings back chocolates from afar! Sometimes they're strange chocolates with odd fillings like horseradish or a paste made from chili peppers. Other times there are tangy lemon fillings or dark, dark chocolate creams. It's an adventure for the taste buds!

When Patty gets back from one of her trips, those of us in the office gather around the new box of chocolates for a shared tasting experience. We look at the little "map" that tells what's inside each treat, make our choices, and then bite into these flavor-filled nuggets. We take time to savor the flavors and make suggestions to one another on which ones to try next. It's a fun ritual started because of Patty's sweet and generous heart.

Even sweeter than those delicious chocolates though, are Patty's words. She is one of those people who is generous with words of praise. Generous with her kind observations. Generous with sweet, sweet words that uplift, encourage, and bring joy. Everyone loves to be around Patty—not because she brings chocolate, but because she brings love.

In the Bible, sweet things are often associated with honey. I think that's because the people living in Bible times simply hadn't tasted chocolate yet. Honey was the sweetest thing they could use for comparison. So while it's certainly true

that Patty's kind words are like honey, I prefer to think of them as chocolates for friends. Sweet to our souls and healthy for our bodies.

*Amy Nappa*

## Sweeten Your Life

*Pick up one or two chocolates for a girlfriend. Deliver them with a note filled with words of true kindness and encouragement for your friend. Let her know how God has used her in your life. Let her know the wonderful things you see in her. Fill her soul with sweet joy!*





# SAMPLE Recipe

## Chocolate Mousse

*is is the mousse you eat.  
Not the animal you stop  
tra c to take pictures of.  
Or the creamy stu you  
put in your hair.*

### Ingredients:

- 1 cup cold whipping cream
- ½ cup powdered sugar
- ¼ cup cocoa
- 1 teaspoon vanilla



### Directions:

Beat everything until mixture is stiff. Spoon into small bowls or pre-made tart shells. Eat immediately!

## God Loves Girlfriends

Get together with one, two, or even more of your girlfriends, and celebrate your friendship. Here’s stuff to do together:

- Take time to share which of the devotions you read in the past few weeks was most meaningful to you, and why. It’s OK if you all are at different places in the book—just share what God is putting on your heart.
- Share an area of your life where you need your friends to be praying for you. And listen to the needs of your friends so you can pray for them. Remember to keep these confidential. Write each person’s name and one word beside it to prompt you in prayer for her this week.

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- Go for a walk. If the weather's great, go outdoors. If it's not so great, head to a mall, the gym, your church, a school, or anyplace where you can walk and talk indoors. Enjoy sharing life together!

SAMPLE