

CHRISTIAN AND LOVING IT!



INSIDE THIS ISSUE

Spotlight.....	1
How You Gon' Act?.....	2
Your Worth.....	3
Skin & Hair Tips.....	3
OK to Start Over.....	4
CALI Approved.....	5



STUDY WITH US

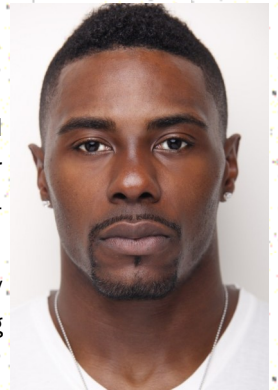


Psalm 62:5-8

Pray, read, and meditate on these verses. Let them minister to your heart and use them as a guide for daily living.

SPOTLIGHT ON JAY BARNETT

By Loureva Slade



Author and Inspirational Speaker, Jay Barnett, has dedicated his life to equipping young people with the necessary tools for success. In 2012 he started a semester long mentoring program at an urban middle school in Houston, TX. The inaugural year of Women of Excellence (WE) afforded him an opportunity to mentor young women from different backgrounds—including those who grew up in fatherless homes, those who suffered from mental illness, and those whose families struggled economically. Through the WE program, he gave young women hope by helping them identify the truth about who God created them to be, the importance of standing out rather than fitting in, and the possibilities for a prosperous future if they didn't succumb to negativity or subscribe to a victim mentality.

By the end of the first year, the young women had transformed considerably into confident, optimistic young women of promise. But one young woman brought to Jay's attention that although the program had done a great job helping them to see themselves as young queens, often they would be called anything but queens when they stepped into the world outside the program. She needed to know how to continue viewing herself and walking as a queen in spite of the latter. Jay decided he had to write a book to address that need. He wanted young women everywhere to have tangible tools they could take with them to help guide them through the challenges they would face on a daily basis.

Letters to a Young Queen is Jay's heartfelt offering to young women. He uses letters and poetry to exhort readers. He talks about the importance of having strong character and the proper self-perception, treating yourself with the utmost respect and demanding that others do the same, representing yourself appropriately on social media and in other interactions, and learning to forgive and move beyond the circumstances that we can't control. The book is loaded with wisdom and concludes with daily affirmations to help young women remember just how valuable they are.

I recently discussed Letters to a Young Queen with Jay and asked questions about one chapter in particular that really stood out to me. In the chapter titled "The Missing Father," Jay points to the heartbreaking U.S. Census statistic that 1 out of every 3 children in America grows up without a father in the home. He goes on to say that 63% of teens who commit suicide come from fatherless homes. Statistics also show that young women who are raised without a father or father-figure tend to be promiscuous and seek validation from men. Jay poses that when young women begin to see themselves as and think like the queens God created them to be, they don't have to become a statistic. "Love yourself first! Just because your father checked out doesn't mean you should check out on yourself. You can't change how your story started but you can change what you do in spite of your start."

(cont'd on page 5)



HOW YOU GON' ACT?

By: Seanita Scott, The Unlikely Blogger

²² Then Moses led the people of Israel away from the Red Sea, and they moved out into the desert of Shur. They traveled in this desert for three days without finding any water. ²³ When they came to the oasis of Marah, the water was too bitter to drink. So they called the place Marah (which means "bitter"). ²⁴ Then the people complained and turned against Moses. "What are we going to drink?" they demanded. ²⁵ So Moses cried out to the Lord for help, and the Lord showed him a piece of wood, Moses threw it into the water, and this made the water good to drink. It was there at Marah that the Lord set before them the following decree as a standard to test their faithfulness to him. ²⁶ He said, "If you will listen carefully to the voice of the Lord your God and do what is right in his sight, obeying his commands and keeping all his decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the Lord who heals you." (Exodus 15:22-26)

After avoiding ten plagues, walking and singing their way to freedom from generations upon generations of enslavement, and escaping through the divided waters of The Red Sea from the Egyptians that chased them and drowned in the massive surge of the waters, the Israelites still managed to find something to complain about. It's almost baffling, after all that God had done for them, after seeing miraculous signs right before their eyes, they still took the first opportunity they had to complain and turn against Moses, their faithful leader who served as the voice of God for them. Bold right?

Every time I read about them I'm stunned. I mean really, how much more does God have to do before you're satisfied?! How much does God have to show you before you begin to trust Him and quit stressing?! But before the words of judgment completely cross my lips and I begin to step up on my soap box I realize the hypocrisy of it all. I do the same thing **ALL. The. Time.**

Even after I have seen, touched, and tasted that God is good I still manage to find something to complain about when my circumstances don't match up to my plans. What I'm learning is that just like the Israelites, sometimes after the big deliverance, the big breakthrough, the main event, or whatever, we may go through some dry periods—periods where it seems like we are walking aimlessly searching for something to quench our thirst and all we can manage to find is bitterness.

Maybe you haven't been there, but I have. Just like in this passage of scripture though, I believe it's in the bitter places that God seeks after our hearts the most. It's in the face of these circumstances that He wants to test our faithfulness to Him.

How do you act when the going gets tough? How do you respond when things aren't turning out exactly how you imagined? Do you use that opportunity to complain, turn your back on the One who loves, saves, heals, and provides for you? Or, do you seek Him even more, remaining faithful knowing that the God who already did it hasn't changed and can do it again. *It's easy to get so caught up in the circumstantial evidence that we forget about the supernatural God we serve—a God who isn't constrained by anything.* I know it's really really hard to have faith when nothing seems to be pointing to the best outcome. It's definitely easier said than done. But, we have to remember who God is. He's not here to hurt, but, here to love and restore. He hasn't forgotten about you and He knows your needs and the yearnings of your heart. He can turn your bitterness around. Remain faithful. Keep trusting. Just watch and see. I'm waiting to hear your testimony.

Here's my own personal prayer for trust in God:

Psalm 62:5-8

Let all that I am wait quietly before God, for my hope is in him. He alone is my rock and my salvation, my fortress where I will not be shaken. My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. O my people, trust in Him at all times. Pour out your heart to him, for God is our refuge.

The UB <3

Want to read more by Seanita Scott? Check her out at <http://www.theunlikelyblog.com/>



CHRISTIAN AND LOVING IT!

YOUR WORTH IS IN JESUS

By: Morgan Harper Nichols, courtesy of Quite Women Co.

“But He said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.” (2 Corinthians 12:9)

Remember this verse if you find yourself thinking about:

- 1. WHY SO-AND-SO UNFOLLOWED YOU.** Maybe you thought you and that person were closer than you really were. Maybe you were far more invested in the relationship than they were and it has left you feeling hurt and confused. Sometimes it's hard to admit when we've been hurt because we don't want to appear weak, but I am here to encourage you that when you're feeling weak, there's no point in trying to cover it up with a tough attitude. It is who you are in CHRIST that will make you tough! He will give you strength to see beyond your feelings when that person leaves your life. Understand that Jesus Christ is the one you need to go to and it doesn't matter how small or silly you may think these feelings are, you MUST run to Jesus!
- 2. WHY A CERTAIN PERSON NEVER TEXTED/CALLED YOU BACK.** Maybe you've found yourself pouring your heart out over the phone or over a texting conversation and you're wishing you hadn't. WHATEVER you're feeling, I just want to encourage you to turn on some worship music, open your Bible, and just spend some time with the Lord today You don't need a relationship to feel loved. Bask in His presence and His love.
- 3. WHY YOU WEREN'T INVITED (OR WHY YOU WEREN'T INVITED INTO “THEIR” INNER CIRCLE).** Perhaps you happened upon a photo of that one group who always seems to hang out and have fun together, yet for some reason, no matter how nice you are to them and no matter how often you're around, they just won't let you into their circle. Maybe there's this uncertain clique at work, at school, or even at church that won't let you in, and you just can't figure out why. You may even feel silly for caring, but I want to encourage you that you don't look silly before the throne of God. What you're feeling does not surprise Him! Run to Him!

Further Reading: 2 Corinthians 12:4-14, Romans 3:24

Follow on Instagram: QUITEWOMENCO and **Facebook:** Quite Women Co.



SUMMER HAIR AND SKIN CARE TIPS

By Sabrina Pierce

Summer is officially in full swing and by now we are all feeling the heat. The sun can be especially brutal during this season. Here are a few ways we can protect ourselves while soaking in some rays.

Stay hydrated. Drink plenty of H₂O. Infuse it with fruit, mint and/or cucumbers for a refreshing spa feel.

Protect those locks! Spray hair generously with water. Add conditioner/heat protectant and braid it into a cute style.

Wear a sun hat. There are a variety to choose from that will keep you looking and feeling cool.

Use sunscreen. Put on an SPF (Sun Protection Factor) of at least 15 and reapply after swimming.

Wear light-weight fabrics. White cotton, linens and breathable clothing is a must if you want to avoid over-heating.

Rock some stunner shades. Sunglasses not only bring your style up a notch, but they also protect your eyes and make you more comfortable navigating the sunniest time of year.



OK TO START OVER

By: A'Prail Monique, Guest Contributor

I grew up in a Christian home where I was taught the importance of saving myself for marriage. Although the message was never forced upon me, I heard it enough to know early on that God doesn't like sexual relationships outside of the marriage bond. In spite of what I knew, I still chose to disobey God's command.

After losing my mom to cancer when I was just eleven years old, I battled with depression and suicidal thoughts throughout my adolescence and into my mid-twenties. I searched for a way to cope with my hurt and anger. My emotional struggles resulted in me losing my virginity at a young age. I allowed curiosity along with peer pressure to outweigh what I knew was the right thing to do, which was to WAIT on having sex until marriage. Although I was aware of the importance of "waiting" I went through years of straddling the fence and engaging in premarital sex. I knew it was wrong but I thought as long as I was going to church and reading the word, God would forgive me and I would eventually stop when I was good and ready. As I got older I began to learn that TRULY obeying the will of GOD trumps living in sin for a temporary fix. So, I made the decision to abstain from sex until I was married.

During my second year of celibacy, I remember thinking, "GOD I finally have it all figured out!!!" (The bible warns about this in 1 Corinthians 10:12.) I started reading my BIBLE more and attending church regularly when BAM—without warning a familiar face entered into my life. He and I literally "JUMPED" into a relationship because we'd already known each for so long. I found myself slacking in my BIBLE study and not attending church as much. Soon, temptation went into overdrive and I broke my vow of celibacy. When I fell, it CRUSHED my heart to the core. I literally cried like a baby. I was disappointed in myself, but worse than that I felt like I had let God down.

That relationship ended eight months later and I briefly started dating someone else. As we talked one day, I had a "light bulb moment." I realized that if I continued to spend time with him I would find myself in the same situation I had been in in my previous relationship. Being with him would require me to compromise and I no longer wanted to do that. I didn't like the way it made me feel. I walked away from that short relationship asking, "WHY DO WE AS WOMEN IDOLIZE AND PRAISE A BOY-friend who DOESN'T RESPECT HIMSELF or US ENOUGH TO DATE, WAIT, and WIFE US THE RIGHT WAY?!" I decided that I would no longer waste time with a man who didn't value me enough to wait. I repented and re-committed myself to God.

I've now been celibate for over 400 days! Many ask me if starting over was HARD? No. It wasn't HARD at all to start over because I now have a stronger relationship with GOD. When I have weak moments I remind myself that what God has for me is for me. I don't have to rush things. When the right man comes along, he will be someone who is walking with God and striving to live the right way. He won't pressure me to do things that I shouldn't do. He will be a godly man whose beliefs mirror my own.

My reason for sharing is to encourage those that have chosen or are considering a life of celibacy. Know that it's NEVER too late to ask GOD for forgiveness. He has promised that if we confess our sins He will forgive us and cleanse us from all unrighteousness (1 John 1:9).

Don't be discouraged by people who don't understand your commitment to God. It's OK if they laugh at the choice you make because you have the courage to do what's RIGHT in GOD'S eyes. LADIES, be the woman that only a REAL MAN of GOD will WAIT for and STOP DATING GROWN BOYS!!! There are a lot of AMAZING MEN in this world who are practicing celibacy and I just so happen to know plenty of them. DO NOT allow a GROWN BOY to alter your mind just to get you in his BED! Instead, strive to live a life that is pleasing to God.

#celibacy #itsOKtoWAIT #itsOKtostartover #GODFORGIVES #SAVED #UNASHAMED #UNO • UNO • SEIS #BLESSINGS

IG: aprailmonique

Twitter: @aprailmonique

Facebook: A'Prail Monique

CEO/Owner of NAOMI & RUTH Christian Luxury T's

IG: naomiandruth

Founder/Partner Bromfield & Coleman Speakers

@bromfieldcolemanspeakers



C.A.L.I. APPROVED



LETTERS TO A YOUNG QUEEN, by Jay Barnett, is must-read encouragement. Order your copy at: www.TheMeProject.org



Quite Women Co. is "a community of women who believe in being quite the women God would have us to be." Be sure to follow them on FB and IG.

CALL FOR SALVATION

Knowing the truth about God and understanding why He came to earth is a critical aspect of becoming a believer in Christ Jesus. John 3:16 tells us that God so loved the world that He gave His one and only son (Jesus) and whoever believes in Him will not perish but have eternal life. God loves you so much and desires a relationship with you. He wants you to know the truth about who He is and His will for your life. Confess your sins, accept His grace and mercy, and get into a good bible-based church. This will help you enhance and maintain your relationship with Christ.

Email Us:

Caligirlnewsletter@yahoo.com

Blog:

<http://caligirlnewsletter.wordpress.com>

Follow Us:

<https://twitter.com/caligirlnews>

Like Us:

<http://www.facebook.com/beacaligirl>

CALI Contributors

Vicki Childress
Ebony Marmolejos
Sabrina Pierce
Loureva Slade

I asked Jay what he would say to encourage young CALI readers whose earthly fathers are not in their lives. He quickly answered, "There's a friend that sticks closer than a brother, [and that friend is Jesus]...Jesus has promised that He will never leave us nor forsake us. No one in this world can love us the way Jesus can. He loves who we are and He also loves who He called us to be." (Psalm 18:24, Deuteronomy 31:6, Jeremiah 29:11) Jay says it is important for young women to truly understand the depths of God's love. "He wants the best for your life. He wants you to be in healthy relationships. He wants you to be successful and He wants you to prosper in every area of your life." You have to trust Him to supply all your needs and find security in the promises of His Word.

To find out more about Women of Excellence (and Men of excellence) or to purchase a copy of Letters to a Young Queen, visit www.TheMe-project.org.

Connect with Jay on social media:

Twitter: kingjaybarnett

Instagram: kingjaybarnett

To book Jay for an upcoming event or to find out more information about WE, email him at jay@jay-barnett.com

We would love to bless you with a copy of Letters to a Young Queen. If you would like a chance to win a free copy, share this post on your Facebook page before July 31, 2015 and you will be entered into our summer drawing. Be sure to tag us (beacaligirl) as well.

