

# Cowgirl UP!



## Journal for Cowgirl Heroines

Cowgirl Heroines Journal  
In His Vineyard Together Ministries ©2011  
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Cowgirl Up! Journal references the lives of Esther, Abigail, Rebekah. A study of each of these young ladies lives is available with the Cowgirl Up! Series One.

## How to Know Heaven is your Home.....

The Bible, God's Word says, "For all have sinned..." Romans 3:23  
Everyone does things that are wrong, such as disobedience to parents, cheating, lying. God knew that you would be a sinner before you were even born. Once you realize, that is, once you know that you are sinful, you are responsible to God for your sins. Heaven is a perfect place. If someone went to Heaven as a sinner, then Heaven would not be perfect any more. Therefore, an unforgiven sinner cannot go to Heaven.



The Bible, God's Word says,  
"For the wages of sin is death, but the gift of God is eternal Life through Jesus Christ our Lord." Romans 6:23  
The Bible says that our paycheck, that is, what we earn for sin, is death. This is the eternal death, the opposite of everlasting life with Jesus in Heaven. Eternal death is eternity in Hell. But you have a gift from God. He paid for your sins when He died on the cross, was buried, and came back to life on the third day. Just like any gift, you will have to take it and open it to make it yours. You have to accept this gift of eternal life in Heaven from Jesus Christ. He will not force you to take it.

The Bible, God's Word says, "...except ye repent, ye shall all likewise perish." Luke 13:3



In order to accept the gift of eternal life, you must see a need to accept it. Jesus wants you to repent. To repent means to change or turn from your old ways. The only way you can change is to let Jesus change you.

The Bible, God's Word says, "For whosoever shall call upon the name of the Lord, shall be saved." Romans 10:13  
If you want to invite Jesus into your life, then you can pray and ask him. Here is a good way to ask Him: "Dear Jesus, I know that I am a sinner. I am sorry for my sins. Please come into my heart and takeaway the sin. I know I can never be good enough to go to Heaven. So I am trusting you to take me when I die. I believe that Jesus died and rose from the dead to pay for my sins. I know you are the only way to Heaven. Amen."

I can do all things through Christ which  
strengtheneth me.

*Philippians 4:13*



You are powerless to Cowgirl Up on your own.

But   is All Powerful.

The ONLY way to have the Power of God is by accepting Jesus as your Personal Savior.

*But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name. John 1:12*

THEN you can have power through the Holy Spirit to be a conqueror.

*Nay, in all these things we are more than conquerors through him that loved us. Romans 8:37*



### The Perfect Life:

Growing up in Oklahoma, my idea of a Perfect Life was:

- ✓ A new car at age 16, preference of a convertible.
- ✓ Having all the perfect clothes; no bad hair days.
- ✓ Prince Charming out there somewhere looking for me.
- ✓ Looking into a mirror & being happy with what I saw.

Do you think all my fairy tale dreams came true? Truth is, we live in a real world. You are going to have to **COWGIRL UP** sometimes. Esther did. [*See Esther Chapter 4*]

# When Bad Things Happen:

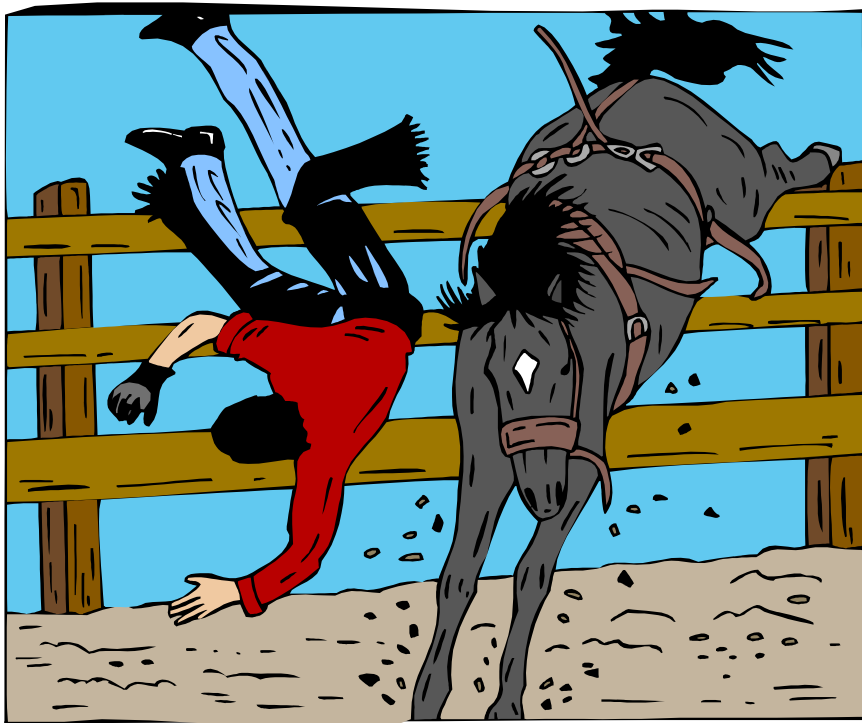
Adversity will come.

Where will you go for help?

Hebrews 4:16

Let us therefore come boldly unto the throne of grace that we may obtain mercy, and find grace to

\_\_\_\_\_.



# Cowgirl Up Plan!

Checklist:



**Education:** Doing the best possible in schoolwork; Spending time in the Word of God; Training my abilities/talents as much as I possibly can in order to prepare for God's Plan for my life.



**Obedience:** Obedience to every authority; school teachers; parents; civil law.

*Children, obey your parents in the Lord: for this is right. Ephesians 6:1*

*Submit yourselves to every ordinance of man for the Lord's sake. 1 Peter 2:13*



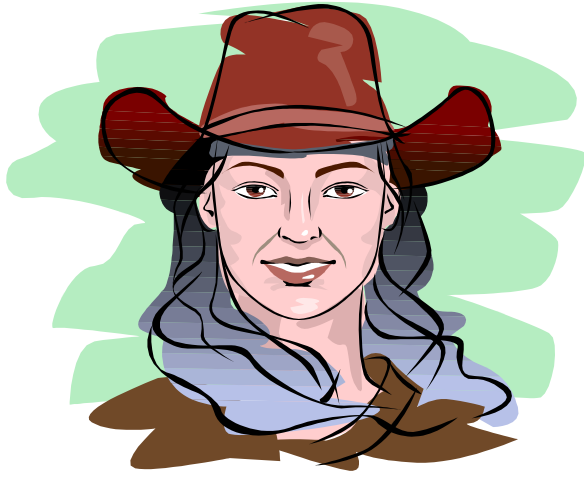
**Right with God:** Daily walking with the Lord; Knowing He is willing to lead me every step of the way IF I will allow Him to lead instead of myself. Daily prayer, Daily Bible reading, a Daily Walk.

*I rejoiced greatly that I found of thy children walking in truth, as we have received a commandment from the Father. 2 John 1:4*



**Other Things:** Right relationships; what else?

\_\_\_\_\_  
\_\_\_\_\_



**Daily Prayer Log:** [ Today I prayed & asked God....]

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**Daily Bible Reading Log:** [ Today I read this scripture]

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**God wants me to:**

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# Cowgirl Up!

The majority is usually  
**WRONG!**



In order to do the **RIGHT** thing;  
you must **COWGIRL UP!**

**FILL IN THE BLANKS:**

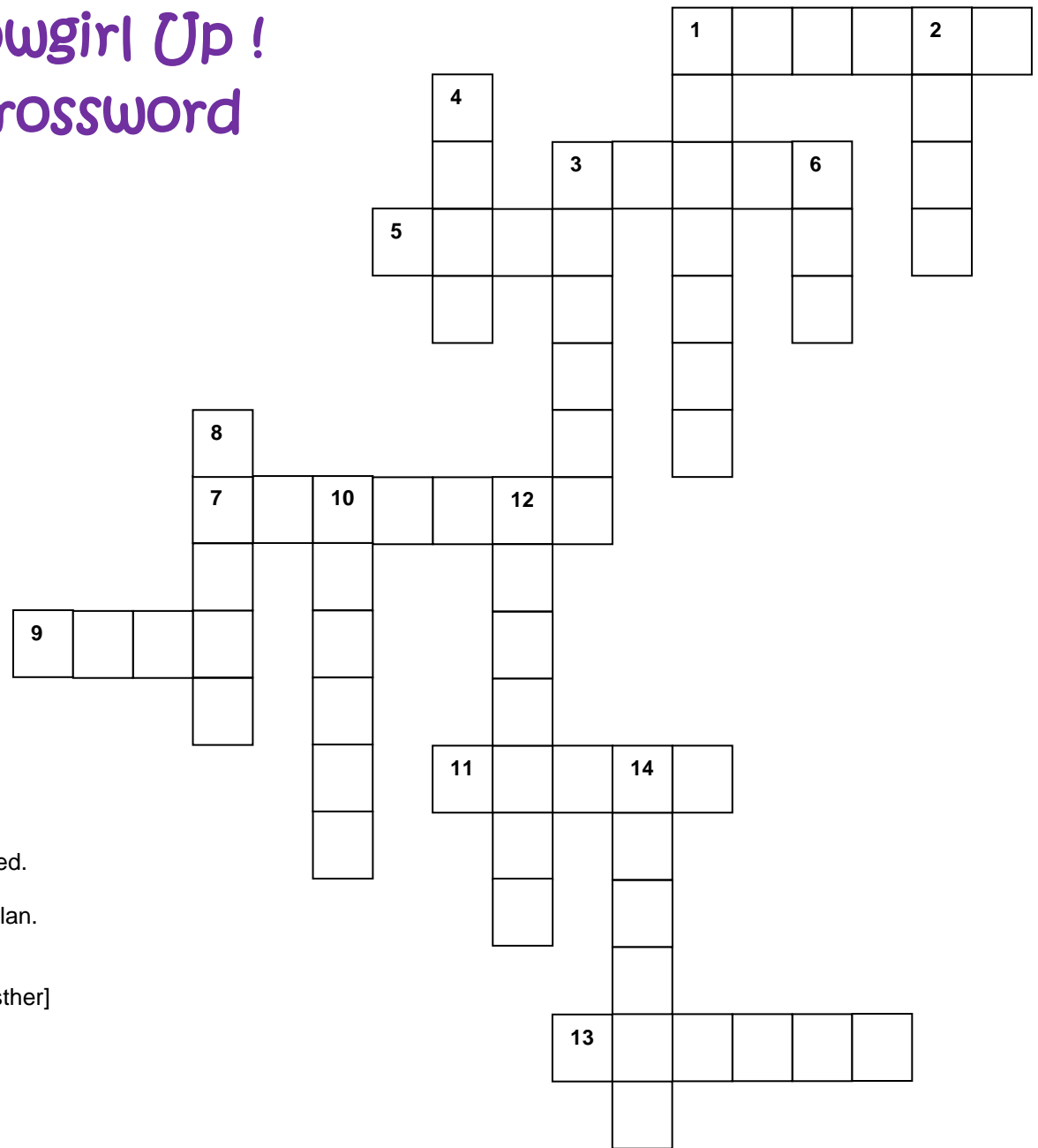
**Exodus 23:2**

Thou shalt not \_\_\_\_\_ to do evil.

**Ephesians 6:14**

\_\_\_\_\_ therefore, having your loins girt about with truth, & having on the breastplate of righteousness.

# Cowgirl Up! Crossword



## ACROSS:

1. Animals Rebekah brought water to. Genesis 24:19
3. You have \_\_\_\_\_ through the Holy Spirit if you are saved.
5. Esther was told she was made for "such a \_\_\_\_\_ as this"
7. This young lady worked hard, followed God, & God's Life Plan.
9. God has a \_\_\_\_\_ for your life; you have to choose it.
11. One way to Heaven; you must be \_\_\_\_\_.
13. Goofy King wanted a \_\_\_\_\_ contest to pick a Queen. [ Esther ]

## DOWN:

1. Sometimes you have to just \_\_\_\_\_ Up!
2. Rebekah was not \_\_\_\_\_.
3. Esther said: If I \_\_\_\_\_, then I \_\_\_\_\_.
4. Haman was an \_\_\_\_\_ man. [ Esther ]
6. Rebekah jumped off of her camel and \_\_\_\_\_ to meet Isaac.
8. The crowd will usually be \_\_\_\_\_.
10. The Saved Folks can come \_\_\_\_\_ before God & ask.
12. She saved her ranch & became Queen. [ I Samuel 25 ]
14. She could have died; but she stepped out on faith anyway.

**Cowgirl Heroines Journal** with Printing Instructions.

Sheets can be double sided run to use only three 8 ½ x 11 sheets.

Use card stock for the Cover.

Layout is as follows:

- Back to Back CHJ pages 6 & 3 runs back to back with pages 4-5 [Center pages with Puzzle]
  - Back to Back CHJ pages 2 & 7 runs back to back with pages 1 & 8.
  - Back to Back CHJ Cover runs on Card Stock back to back with FLIP OF COVER document.
1. Place on a flat surface so that cover will be on the outside.
  2. Place pages so that numerical sequences will be in order once folded in half.
  3. Simply staple in the center fold with a long reach stapler.