

*Christa Madrid*

*Confessions  
of a  
Princess*

*for teens*

*seven days of beauty from the inside out*



# *Confessions of a Princess*

Christa Madrid

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*Hebrews 10:23*

Let us hold fast the confession of our hope without wavering, for  
He who promised is faithful.

## *Letter from Christa*

Dear Princess,

Okay, I know you're thinking: "Are you talking to me? Since when have I been a princess?" Well, surprise! You **are** a princess! If you have received Jesus as your Lord and Savior, you are God's daughter. As a daughter of the King of Kings, you are royalty in His family. Maybe your home right now isn't a castle. Maybe you don't wear a tiara to school every day. But because you've been adopted into God's family through the sacrifice of Jesus, you have inherited much more than the glamour of Cinderella. You've been given a beauty that no other girl but a King's daughter could have. You're not just any princess. You're *God's* princess.

This book was written for you, a young woman after God's own heart. As you read and do the things in this book, I hope you will see just how beautiful your Creator has made you!

Love,  
Christa

## *God's Ultimate Makeover*

I love makeovers! A peasant turned to prince, a dump turned to garden, a beggar turned to millionaire. There's something so exciting about new!

Did you know God's into makeovers, too? While we like makeovers that can be seen with our eyes, He delights in a total makeover of a person's heart. When you received Jesus as your Lord and Savior, He took out the ugly, sinful heart you had, and replaced it with a beautiful, new heart that beats with His perfect nature. Suddenly, you were made God's daughter – His princess! And with that new heart came incredible blessings and promises that only an heir of God could ever have. Now *that's* a makeover!

But your new blessings don't just come because you're part of a new family. They have to be received by faith. Faith is simply believing what God says. And when you believe what God says, you say the same things as He says. After all, like Father like daughter!

“What if He says something that I don't see or feel?” you may ask. That's the amazing thing about God. He's spiritual (you can't see Him), so everything He does starts there. Your job is to say what He says and watch His promises transform what you see around you. Unlike a shimmering gown or diamonds, God's promises will last forever. This is no fairytale from a story book. This is God's very own Word! So read on, Princess, and discover the treasures He has given to you!

# *Say What?*

Alright, down to the nitty gritty. You may be wondering what the title of this book is all about. Like, what would you possibly need to confess? The day you smacked your brother for invading your room without your permission? Or when you broke your mom's perfume bottle with only the intention of "borrowing" it? Not exactly.

First, let's take a look at what "confess" means.

♥**Confess** \kən-ˈfes\

**to say the same thing as someone else.**

Like I said earlier, we're to say what God says. In other words, confess! That's what this is all about – speaking what God says about your life. The best way to do that is to take His Word, memorize it, and personalize it.

♥**Personalize** \ˈpərs-nə-līze\

**to make personal or individual.**

When you take a verse and personalize it, you're making it **your** verse. It's not just talking about all kinds of people everywhere. It's talking about **you**. It goes something like this:

**God says:** Malachi 4:2 "But to you who fear My name, the Sun of Righteousness will rise with healing in His wings."

**So you say:** I fear God's name, and the Son of Righteousness – Jesus – has risen with healing in His wings for me!

There are thousands of cool Scriptures in the Bible that talk about who you are, what you have, and what God will do for you. I've chosen some of my favorites for a seven-day journey that will bring the beauty of God's nature from the inside of you to the

outside of you. What makes this work is daily confessing and personalizing these Scriptures until they are deep, deep inside of you. So deep that no one could steal them away. The more you do it, the stronger your relationship with God will become.

Don't let this pass you by, Princess! This is a makeover that will turn heads!



# *The New You*

## **2 Corinthians 5:17**

**Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.**

Picture this. A princess is told that she's not a princess. It's all fake; she really wasn't born into the royal family. She believes the lie, and feels like she can't come to her father – the king – whenever she likes. She's crushed. She loses her joy and doesn't even try to enjoy all the cool things the king has given her. Sound crazy?

That **is** crazy. But there are girls who belong to God who do the exact same thing every day. The devil comes and tries to steal away their relationship with God by calling them a pauper rather than a princess. He lies by reminding them of the bad things they did before they were saved. Then he has the nerve to say that they're not good enough to spend time with God. If that sounds familiar, it's time to remind yourself of the "new you"!

The moment you turned away from sin and received Jesus as your Lord and Savior, God took out that ugly, sinful nature and replaced it with His purity. The old you stopped existing. It died. Suddenly, you're not an outsider to God's family. You're now God's child. He has accepted you! So if anyone tries to say that you're not a princess, shout out 2 Corinthians 5:17. Because that's who you *really* are!

# *Day One*

## **The New You**

2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

## **My Medicine**

1 Peter 2:24 Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.

## **No Limits**

Philippians 4:13 I can do all things through Christ who strengthens me.

## **Watch Out**

Psalms 91:9, 10 Because you have made the LORD, who is my refuge, even the Most High, your dwelling place, no evil shall befall you, nor shall any plague come near your dwelling . . .

## **All I Need**

2 Peter 1:3 As His divine power has given to us all things that pertain to life and godliness . . .

## **Princess with Purpose**

Acts 1:8 “But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

## **Purify**

1 Corinthians 3:16 Do you not know that you are the temple of God and that the Spirit of God dwells in you?

## **Good Girl**

1 Timothy 4:12 Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.

# *My Medicine*

## **Isaiah 53:5**

**But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.**

It's incredible the things a doctor can do. Think about it. They open you up, fix the problem, and sew you back up again. They look at an x-ray and find the trouble. They take your pulse and decide if you're healthy or unhealthy. So cool!

But as smart as doctors can be, they're not perfect. They don't know how to treat every physical problem you may have. They can't do what God can do. God performs painless, supernatural surgeries that fix every pain, broken bone, and stuffed nose. And with just a word! I'll take that over a doctor's bill any day!

If you want to be healed and stay healed, you've got to get God's promise of health down on the inside of you. His word spoken from your lips brings supernatural healing to your body. Even if you don't feel bad right now, taking a daily "dose" of God's Word (speaking it) will ward off the "bugs" that may try to make you sick. You don't have to take sickness, and you definitely don't have to stay sick. God's the ultimate doctor, so take His medicine!

## *Day Two*

### **The New You**

Romans 10:9 That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

### **My Medicine**

Malachi 4:2 But to you who fear My name the Sun of Righteousness shall arise with healing in His wings; And you shall go out and grow fat like stall-fed calves.

### **No Limits**

Isaiah 40:31 But those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

### **Watch Out**

Psalms 27:1 The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?

### **All I Need**

Philippians 4:19 And my God shall supply all your need according to His riches in glory by Christ Jesus.

### **Princess with Purpose**

2 Corinthians 3:5,6 Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God, who also made us sufficient as ministers of the new covenant, not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.

### **Purify**

Jude 24, 25 Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy, to God our Savior, who alone is wise, be glory and majesty, dominion and power, both now and forever. Amen.

### **Good Girl**

Galatians 5:22-25 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

# *No Limits*

**Mark 10:27**

**But Jesus looked at them and said,**

**“With men it is impossible, but not with God; for with God all things are possible.”**

Ever wished you could be Super Woman or Elastigirl? Save the day, rescue the kidnapped, defeat the bad guy? Sounds exciting! Hate to break it to you, but the chances of you performing such acts of power are really slim.

Don't get depressed. I have good news. God has gladly given you everything you need to succeed in life. When you hit a problem, when you're feeling low, when someone's out to get you, God's promised to be your Superman.

Unlike humans on the planet, God's not limited. He's all-powerful. Nothing is too hard for Him. The best part? His power lives on the inside of You! His grace (power working for you) is able to help you out. When you're weak, He's strong for you. When you're clueless, He's got all the brains to pass the test. When you don't have what it takes on your own, He's got more than it takes. You're covered, head to toe, in God's ability. If He's asked you to do something, He's already got the tools handy to help you do it. You're not alone! So think like a Super Princess! You've got the supernatural power of a Supernatural God backing you up!

# *Day Three*

## **The New You**

1 Peter 2:9, 10 But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy.

## **My Medicine**

Psalms 107:20 He sent His word and healed them, and delivered them from their destructions.

## **No Limits**

Mark 10:27 But Jesus looked at them and said, “With men it is impossible, but not with God; for with God all things are possible.”

## **Watch Out**

Psalms 103:4 Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies . . .

## **All I Need**

Luke 6:38 Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.

## **Princess with Purpose**

2 Corinthians 5:20 Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ’s behalf, be reconciled to God.



### **Purify**

Hebrews 12:1 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,

### **Good Girl**

1 Corinthians 13:4-8 Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails. But whether there are prophecies, they will fail; whether there are tongues, they will cease; whether there is knowledge, it will vanish away.

# *Watch Out*

*Psalm 121:7, 8*

**The Lord shall preserve you from all evil; He shall preserve your soul. The Lord shall preserve your going out and your coming in from this time forth and even forevermore.**

Every now and then I'll see a video clip of someone famous making their way through a screaming crowd of fans. A person who suffers from Closter Phobia doesn't want to be in this kind of situation. You're surrounded on every side with hysterical people wanting to get a look at your face. Ah, the price of being famous.

But I've also noticed something else. The reason they can get through the crowd safely is because of an ever-present bodyguard. And he's no scrawny little man tripping around trying to keep up! He has a strength and authority that would make any person back off.

Well, as a Princess, you're even more important than an actress or singer. You're a child of the King. If an earthly heroine or heiress can enjoy protection, how much more should you? God has promised that He will watch over and protect your life from all harm. Your part is to stay close to your Bodyguard. Don't run off into the crowd! Follow God's plan for your life, and there will be constant protection for you. Fear doesn't have to destroy your peace of mind. You've got the strongest Bodyguard of them all watching your every step!

# *Day Four*

## **The New You**

Romans 5:1, 2 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God.

## **My Medicine**

Isaiah 53:5 But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.

## **No Limits**

Psalms 84:5 Blessed is the man whose strength is in You, whose heart is set on pilgrimage.

## **Watch Out**

Psalms 105:14, 15 He permitted no one to do them wrong; yes, He rebuked kings for their sakes, saying, “Do not touch My anointed ones, and do My prophets no harm.”

## **All I Need**

Psalms 25:12, 13 Who is the man that fears the LORD? Him shall He teach in the way He chooses. He himself shall dwell in prosperity, and his descendants shall inherit the earth.

## **Princess with Purpose**

Proverbs 28:1 The wicked flee when no one pursues, But the righteous are bold as a lion.

## **Purify**

Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

## **Good Girl**

John 15:16 You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.

# *All I Need*

**Philippians 4:19**  
**My God shall supply all your need**  
**according to His riches in glory by Christ Jesus.**

Since when have you seen a princess walking around in a ratty T-shirt, ripped pants, and scuffed shoes? Or living in a tiny trailer park, driving a 1971 Volkswagen? Doesn't fit the picture you're used to seeing, huh? The reason: princess does not equal poor!

Royalty have everything at their fingertips – good food, a closet full of nice clothes, a plush house, and a full bank account. We've already decided that you're kin to royalty. God definitely doesn't live like a pauper, so why should you?

God's promise to provide for your every need (even more than you need) is as certain as your salvation. In fact, it's part of your salvation package. God wants you to have the best – to bless you and to bless others. When you trust God and put Him first, blessings show up! And the blessings aren't based on how much **you** have; they're decided by how much *God* has! Guess what? He owns it all!

You're in good hands, Princess. Don't worry about tomorrow . . . God knows exactly what you need.

# *Day Five*

## **The New You**

Hebrews 10:10 By that will we have been sanctified through the offering of the body of Jesus Christ once for all.

## **My Medicine**

Psalms 103:2-5 Bless the LORD, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle's.

## **No Limits**

2 Corinthians 12:9 And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

## **Watch Out**

Psalms 121:7, 8 The LORD shall preserve you from all evil; He shall preserve your soul. The LORD shall preserve your going out and your coming in from this time forth, and even forevermore.

## **All I Need**

3 John 1:2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

## **Princess with Purpose**

Mark 16:15-18 And He said to them, "Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."

### **Purify**

Proverbs 22:11 He who loves purity of heart and has grace on his lips, the king will be his friend.

### **Good Girl**

Proverbs 10:9 He who walks with integrity walks securely, but he who perverts his ways will become known.

## *Princess with Purpose*

### **Mark 16:15-18**

**And He said to them, “Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but He who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.”**

If you could see your life through God’s eyes, you’d be blown away! His imagination and dreams for you are so much greater than you could ever imagine! Before you were even born, He had already written the story of your life for you. That story includes events that only God could design – supernaturally!

God loves to bless you with cool stuff and friendships. You’ve got the best at your fingertips! But all those neat things are only in your life to help the plan He has for you. That plan is to reach the world with the Gospel. You’ve been given the incredible responsibility and privilege to carry the Good News to everyone around you.

The Good News doesn’t just include the story of how Jesus died on the cross. God wants to use you in the supernatural! He wants to pour His power through you to heal sick people, speak in a heavenly language, and tell demons to take a hike. No power on this earth can top that, yet He has entrusted the assignment to you! *This* is your purpose, Princess!



# *Day Six*

## **The New You**

Romans 8:16, 17 The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.

## **My Medicine**

Matthew 8:16, 17 When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: “He Himself took our infirmities and bore our sicknesses.”

## **No Limits**

Job 17:9 Yet the righteous will hold to his way, and he who has clean hands will be stronger and stronger.

## **Watch Out**

Psalms 61:3 For You have been a shelter for me, a strong tower from the enemy.

## **All I Need**

Malachi 3:10 “Bring all the tithes into the storehouse, that there may be food in My house, and try Me now in this,” says the LORD of hosts, “If I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it.”

## **Princess with Purpose**

Luke 10:19 Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.

### **Purify**

2 Peter 3:14 Therefore, beloved, looking forward to these things, be diligent to be found by Him in peace, without spot and blameless . . .

### **Good Girl**

Titus 2:7 Likewise, exhort the young men to be sober-minded, in all things showing yourself to be a pattern of good works; in doctrine showing integrity, reverence, incorruptibility, sound speech that cannot be condemned, that one who is an opponent may be ashamed, having nothing evil to say of you.

# *Purify*

## **Hebrews 12:1**

**Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.**

What do you see when you walk into a jewelry store? Display cases full of dull, scratched rings and necklaces? Take a look at the stones. Do they look like they're about one hundred years past due on their bath? I hardly think so. Jewelers know that if they're going to sell their stuff, they've got to keep the jewelry looking like it's worth buying.

Your life is like a diamond. God made it beautiful in how it sparkles and shines. But like any piece of jewelry, it can get roughed up if it's mishandled. If you're not careful, your life can get "tarnished" with sins and weights – things that are displeasing to God. They can keep you from fulfilling your purpose on the earth, receiving God's blessings, and even from entering heaven.

Staying clean and sparkling takes work, just like buffing a diamond in the rough. Keeping your shine means you've got to stay filled with the Holy Spirit and God's Word through prayer and Bible reading. It means shutting out and turning off anything that would tempt you to sin. God designed your beauty. Don't hide that beauty with the dinginess of the world. You weren't made to sit lonely in the display case; you were made to shine until the day Jesus returns!

# *Day Seven*

## **The New You**

Colossians 1:21-23 And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled in the body of His flesh through death, to present you holy, and blameless, and above reproach in His sight—if indeed you continue in the faith, grounded and steadfast, and are not moved away from the hope of the gospel which you heard, which was preached to every creature under heaven, of which I, Paul, became a minister.

## **My Medicine**

Romans 8:11 But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

## **No Limits**

Proverbs 10:29 The way of the LORD is strength for the upright, but destruction will come to the workers of iniquity.

## **Watch Out**

Psalms 91:3, 4 Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler.

## **All I Need**

Isaiah 48:17 Thus says the LORD, your Redeemer, the Holy One of Israel: “I am the LORD your God, Who teaches you to profit, Who leads you by the way you should go.”

## **Princess with Purpose**

Psalms 18:32 It is God who arms me with strength, and makes my way perfect.

### **Purify**

Romans 6:5-7 For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin. For he who has died has been freed from sin.

### **Good Girl**

Psalm 1:1, 2 Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the LORD, and in His law he meditates day and night.

# *Good Girl*

## **Proverbs 10:9**

**He who walks with integrity walks securely,  
but he who perverts his ways will become known.**

Integrity – doing what’s right all the time – is like a rare book at an antique store. It’s hard to find and very valuable. People who live with integrity are just as few and far between. You have to search hard to find people who will always be honest. People who will treat others like they would like to be treated.

The world shows off talent, looks, and personality. But what God loves the most is a person who will be a “pattern of good works” (an example) to those around them – someone who will do what’s right at all costs. That’s the life that God rewards. You’ll be secure because God is always faithful to bless someone who chooses to live and act like Him. It may look like the world is making it big because they took some shortcuts along the way. But just watch; you’ll see their lives fall apart while you live in peace.

If you want to stand out and have the best, live with integrity. You’ll get the best job and the best grades. You’ll find surprise gifts because you helped someone. You’ll find friendships with people who will be true and good to you. Like an antique book, you’ll become more and more valuable as the world falls off the shelves because they didn’t know how to live God’s way.

## *Prayer for Salvation*

Maybe you read all this and realized, “I’m not a Princess. I don’t belong to the family of God.” If that’s you, there’s no time like now to get right with God! It’s as simple as rejecting sin and making Jesus the Lord of your life. Romans 10:9, 10 says, “That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.” If you want God’s gift of eternal life, pray this prayer out loud:

Lord Jesus, I am a sinner, and because of my sin, I know that when I die I will go to hell. I don’t want go to hell; I want to be saved. I turn away from my sins and I call on the Name of Jesus to save me. Jesus, be my Lord and Savior. Forgive my sins. Give me a new heart and the gift of eternal life. I confess that Jesus is Lord, and I believe in my heart that God raised Him from the dead. I choose to live for you for the rest of my life! Thank you, Jesus, for saving me!

If you prayed that prayer and meant it, you are saved! You now belong to God and are now His daughter, His princess. You will now spend eternity in heaven with Him! What awesome things He has in store for you!