

# Mya Kay's Girls Anthem - A Ministry for Healing and Growth

BY CHELSEA YOUNG  
PHOTOGRAPHY BY TONE STRETCH

Writer Mya Kay has always had a passion for helping young people heal from their traumas. Author of twelve books, including *The Clover Chronicles*, her work captures hardships that shape young people's lives.

In 2019 Kay launched her ministry Girls Anthem, with a mission to teach women how to heal from traumas and pursue their dreams. Alongside Girls Anthem, Kay launched a podcast entitled "The Girl Files" where she discusses familiar struggles women face every day. Here at Bronze, we were able to talk to Mya Kay about her new venture.

**Bronze Magazine:** What inspired you to help a younger generation?

**Mya Kay:** When I first got the vision to start Girls Anthem, the purpose was to launch a conference that focused on teen girls. There were so many stories I heard through my time as a substitute teacher (and other interactions that I had with young people) that made me realize they were crying out for help in different ways. Many of the young ladies I encountered came off angry and I discovered what that translated to was, "I have so much pain I'm carrying, and I don't have an outlet for any of it." I found myself listening intently to what they were saying, with their words and their body language – and sometimes, in what they didn't say. Silence can say a lot if we're willing to listen closely.

**BM:** Why not women of all ages?

**MK:** Most women still have a teen girl on the inside of them that may never have experienced the healing she longs for, so in that regard, I've come to understand that my voice is meant to reach girls (females) period. Some people who have listened to my podcast or who follow the movement have stated that what I offer is needed for both young and old women. This past spring, after much prayer, I took the age off of it. I don't want to deny anyone access to what God is doing through Girls Anthem. It's no different from a business having a focus, but understanding that if they have a powerful product, it can bless and help anyone.



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**BM:** Is Girls Anthem only for girls who have or are experiencing trauma?

**MK:** Girls Anthem is a multilayered ministry that encourages teen girls and their mothers to pursue destiny without compromising their values or their stories. One of the ways we do this is by giving them the insight and tools they need to break free from bondage and heal from any past trauma. There's nothing more painful than trying to walk in purpose and not being able to because you're chained and bound in so many areas that you can't move freely. Our motto is, "Pursuing destiny without compromise." What that means is that in order to reach the full potential of your destiny, you have to be willing to sacrifice your comfort and not compromise for anything while on your journey.

**BM:** How are the ambitions of Girls Anthem reflected through your books?

**MK:** I've taken a huge step back from writing and publishing this year to focus on what God has given me with Girls Anthem. With that said, much of my past young adult writing focused on a storyline that I knew would touch youth in some way; being raised in a single-parent home, struggling with identity, promiscuity, etc. Much of what I talked about at the inaugural conference and through the podcast reflects things I've already written about and much of it is relatable because they are real life situations that I've walked through myself.

**BM:** How many girls have you worked with? What is the typical age range? Can you tell us about what brought them to you?

**MK:** For the inaugural conference last September, there were twenty girls who showed up and I was thankful to reach that handful, because each girl represents an individual purpose. In June, we had a Mother-Daughter virtual tea via zoom. That's when I realized that Girls Anthem was something that mothers and daughters (or grandmothers, aunts, big sister, etc.) could share with the young teen girls in their life. Family dynamics have changed and the person raising you may not be your biological mother. I refuse to put God in a box. I say this to say, much of what I do won't follow a traditional process of reaching girls and women, so keeping up with a count is challenging. The aim is to reach the "one" that God intends for every message, event or post to reach.

**BM:** Are there any key lessons you hope the girls learn from your ministry?

**MK:**

1. You don't have to wait until you're an adult to experience healing and wholeness. If we reached our babies quicker, we wouldn't have so many broken adults walking around.
2. Despite what the world says, it's not "taboo" to do things God's way. It's taboo to continue to suffer and not invite Christ into your life.
3. Discover who you are and who you aren't. Once you do, wholeness is within close reach.



**"Girls Anthem is a multilayered ministry that encourages teen girls and their mothers to pursue destiny without compromising their values or their stories."**

**BM:** You launched your podcast "The Girl Files" this past summer. Was this to reach a larger audience? Or a source for your ministry?

**MK:** It is the way I'm doing ministry. I'm not focused on numbers as much as I am on obedience. I've had several podcasts in the past, but the way God laid this one out to me in a vision, I knew this had His blessing on it and I couldn't wait to get started. I do believe the reason He wanted me to launch the ministry via a podcast is because of the reach and the many platforms it is on (currently streaming on 9 podcast platforms). He knows who's on the other side listening every week. I think what God has shown people through this pandemic is that the church is "outside" the four walls. You have to reach the people He's assigned to your voice the way He tells you. That's where the growth and power is. That's where the anointing is, and that's where I want to be.



# Girls Anthem Presents The Girl Files

with Mya Kay



Podcast image artwork: Sandi/Lasthart

**BM:** So far in your Girl Files podcast you have covered family, friendship, heartbreak, insecurity, colorism, and sexual abuse. What other topics do you have planned for the future?

**MK:** At the time this article will be published, the first eight episodes will have aired (Season One). Episode 8 is the Q&A/Recap episode, where I'm answering questions that were submitted to me or ones that I've heard teens ask in the past that I know are relevant to today.

**BM:** How do you choose what to talk about?

**MK:** All of the topics that have been touched on so far were the ones that laid on my heart during my prayer time in the morning. While I have healed from many of the things I discussed, I do believe God was reminding me that I dealt with all of these things to help someone else navigate through their pain. As I share my scars, young ladies will be able to heal from theirs quicker.

**BM:** Any plans for features and/or guests in The Girl Files podcast?

**MK:** I don't know what God has planned for Season Two, but I would love to start to have successful teen girls on the platform at some point: girls who are walking in purpose and pursuing their relationship with God and can testify that living for Him is just as dope as I say it is. Ideally, it's really to see this grow into a visual platform (possibly, a talk show). I have some ideas for a few features, but again, everything must pass through God before I start planning.

**BM:** Tell me more about the Girls Anthem Workbook. What do the chapters focus on?

**MK:** The Girls Anthem workbook focuses on ten themes that I believe once teen girls work through, they will have a better handle on how to navigate certain situations in life. Some examples of what the chapters focus on is Identity, Stress, Faith, Forgiveness, Entrepreneurship (I know so many teens who long to be entrepreneurs), etc. Each chapter has well thought out opened-ended questions that will make the teen think before answering. They can't just write anything. For example, in the chapter titled, "Identity," one question is: There are times entertainment can be blamed, but overall, it's your upbringing and the values you were raised with that play the biggest role in who you are (and who you become). How were you raised to identify yourself, based on values, mantras, etc.?

That question makes you think for a minute before answering and that's the goal of the whole workbook. It's meant to help them build a bridge to destiny in a way that they can see the vision written out as they reflect back on their responses. At the end of each chapter, there's a prayer that focuses on that particular area that they just read about.

**BM:** How does the workbook contribute to your goals of the ministry?

**MK:** I'm thankful that I created the workbook because being able to work through the book via one-on-one coaching sessions is more viable today than it would've ever been in the past, since much of today's educational experience is virtual.

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