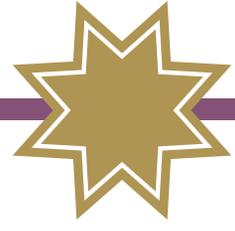




GIRLS CREATED  
to

# Shine

EQUIPPING YOUR TWEEN GIRL TO PURSUE HER IDENTITY IN CHRIST



## Teaching Guidebook

BY LEE FELIX

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

*Parent/ Teacher Course Notes*

# Girls Created To Shine

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# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## *How To Use The Parent Teacher Guidebook*

Hi There!

I am so thankful that you have decided to come along on this journey of building up our girls. My heart and prayer is to equip your tween girls to pursue their identity in Christ so they live boldly for Him.

This course was created to teach them to become confident in who God created them to be, to encourage them to SHINE for Christ and to be set apart while they navigate life in today's world. It's diving into God's Word and today's issues.

*And here's the good news! This Parent Teacher Guidebook was designed with you in mind!*

Whether you are a parent or are teaching this course in a group setting, I have set up an adaptable and easy to use format that repeats each week. This will help you get comfortable quickly so you can focus more on the content and heart of the course!

There are main components of each class, All of which include discussion.

**The discussion and feedback portion are crucial.** Please don't skip them!

It offers a time for you to build up and encourage them, an avenue to speak truth to a situation, and helps determine where they are at in their heart. Take note, it can often be different than you think.

**Here We Go!**

### **1. Prayer**

The short prayer provided encourages you to refocus your minds and hearts on Christ and is relevant to the class topic each week.

### **2. Truths - Repeat Class Truths & Guiding Verse**

- Groups you can have students raise their hands to read the verse or name any of the class truths.
- Parents you can use the bonus practice verse sheet or use the amazing handwriting worksheet creator to make copy work for the verse, part of the verse or any of the class truths.
- In either setting, you can always offer a bonus incentive, small prize, treat or certificate if they can recite the verse and or name the truths by the end of the course.

### **3. Looking Back**

This section will review the previous week. The questions are provided to get you started but open discussion is welcome.

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## *How To Use The Parent Teacher Guidebook*

### **4. Identity Trait of the Week**

First, you will share the identity trait for the week. Next, you will read the questions. Finally, ask questions to discover where their heart is regarding the topic. Don't be afraid of getting stuck, I have included ideas for you on each week's guide!

### **5. Student Guidebook**

This is where you will walk them through their page/pages in the guidebook while teaching. Often there will be a summary of world view vs biblical view. After working through the pages, open up to questions or discussion.

### **6. Next Steps-Follow the directions**

- Groups can use as independent study or homework.
- Parents, you can use as independent study or grow together with some Mom & Daughter time.

### **7. Activity**

After working through the guidebook and questions, you will finish up with a hands on activity. Enjoy this time just being together and see what conversations God brings up!

If you have any questions, please feel free to email at [LikeMindedMusings@gmail.com](mailto:LikeMindedMusings@gmail.com) or message me on [Facebook](#) or [Instagram](#). Don't forget to join our private [Facebook Group](#) for Parenting Encouragement from Tween to Teen.

*I can't wait to join you in equipping your tween girl to pursue her identity in Christ!*

## ***Permission for Course Use***

- You may use these guidebooks for a family study with you and your daughter/s, or one-time use in a group. Groups can be in a class-like setting, homeschool co-ops, church organizations or more like an after school or summer club.
- The purchaser may use the copy for all family members and one-time use for a group but please see separate pricing for additional group use. We do not set an exact age for this course as it depends more on the girl's life experiences & spiritual growth than age. Our target audience is tween girls 9-12 years old and their Moms or Leaders but we have had girls *younger and also older* go through the course with great success!

## ***Additional Resources***

Get access to FREE faith and parenting e-books, e-courses, email series', printables, posts with continued reading on each weekly topic. I also have additional resources noted from our recommended ministry partners. **All on the Girls Created to Shine Resource Page!**

**You can find it here! [www.LikeMindedMusings.com/girls-shine-resource-page](http://www.LikeMindedMusings.com/girls-shine-resource-page)**

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## **Week 1-Intro To Class Truths Why Are We Here?**

Ladies welcome to Girls Created to Shine! I am so excited you are here.

**We get to spend these next 12 weeks together learning about God, About You and About Others!**

- Today we are going to look at the following:
- Why I believe it's super important that you are here. We'll call these our class Truths.
- What kinds of things we can all expect from each other and what we need to make sure we do.
- A brief overview of what our lessons each week will include.
- And we'll go over some not so painful homework for you to complete with Mom or someone you love!

Before we get started, let's pray and give this time over to God.

### **1. Prayer**

Lord, thank you so much for today! Thank you that we are here together to learn truth and your wisdom to handle this life you have given us. Help us to live and act in a way that is pleasing to you. Please help us to listen, to learn and have fun in this class! Amen.

### **2. Truths - Follow along in Student Guidebook pages 1-2**

So this first day, let's dig in a little bit as to why I believe God has you here for a reason. I would like to start off by hearing from you, and then I will share.

*What kinds of things do you feel the world around you {meaning people, TV, movies, music, games, fashion} say you should think or feel about yourself? What do they say you should value?*

There are no wrong answers; we are just sharing the good and the bad. Note: If they are responsive it's also good to ask if they feel pressured in any of those areas to be or act a certain way as it helps gauge some insight as to where they are.

*Great answers, thank you for sharing!* P/T note: Feel free to dive in as to why you agree or prompt more responses as needed.

**Well, these Class Truths were selected to help you remember what God thinks of you.**

Often we have all of these other things telling us the opposite of what God says and it can quiet God's voice to us. We are going to repeat and try to memorize these statements so that we can remind ourselves of God's Truth. P/T Feel free to elaborate on each as you see fit.

*Did you grab your Guidebook? Alright, let's go!*

**Please note:** Because this is the first week we do not have steps 3-4. Instead we are going to go over some verses and expectations for the class.

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## *Week 1-Intro To Class Truths Why Are We Here?*

### 1. Student Guidebook

#### *Repeat Class Truths*

You \_\_\_\_\_ are **wholly loved by God**. He **created you unique**. You were **created to shine** to be set apart, just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ **matters to God!**

Let's take a look at some verses that show us that our Class Truths we just read are actually...True!

***Psalm 139:17-18 How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand!***

*Can you guess the approx number of grains of sand there are? "They" say approximately 7 Quintillion, 500 Quadrillion Grains of sand! God has that AND MANY MORE precious thoughts about YOU each day!!*

**Matthew 10:30 But even the hairs of your head are all numbered.**

This verse shows us our God is a God of details! He pays attention to everything about you and your life. It is estimated that the average person has over 100,000 hairs on their head. God knows you better than you know yourself. He loves you immeasurably and wants to be in a close relationship with you!

***Jeremiah 29:11 For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.***

God has good thoughts towards you. He has known your steps since before time began and He will help you walk those steps as you grow!

And those are just a couple of examples to show you what God really thinks of you, we will look at many more.

Please know this time together/class is a safe place for you to learn truth about God and each other.

We will listen first, build each other up, focus on our inner beauty and inner beauty of others and forgive others when they sin against us. We will also ask good questions {there are no wrong questions} and we will take all to God in prayer looking to the bible for answers.

**Let's break down our guiding verse.**

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## ***Week 1-Intro To Class Truths Why Are We Here?***

**...among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain. Philippians 2:14-16**

**..among whom you shine as lights in the world.** God is light. Light shines in darkness. They don't work together. Have you ever picked up a rock and seen a bunch of worms or bugs squirm and scatter? Why? Because light was shining into their darkness! We are light in the darkness of the world. We are to reflect the light of Christ in us!

**holding fast to the word of life.** Hold fast meaning - Holding tightly, grasping tight, sticking to, attaching to "the Word of Life" meaning the gospel of Jesus Christ, God's word which leads up to the fact that He Himself is "the Word of life". We are to hold tightly and remain close to both the word of God and our relationship with God.

**so that in the day of Christ I may be proud that I did not run in vain or labor in vain.** That your hard work through the Lord, will not be worthless and will produce results for God's kingdom!

### **2. Next Steps- Student Guidebook Page 2**

Use as Independent Study Homework

Parents- You can use as independent study or growing together with some Mom & Daughter time!

Towards the front of the student guidebook, right after the table of contents, there is a page that says My Chosen Bible Verse. Your daughter is to choose a bible verse to memorize. It can be one that she is familiar with or she can pick one from this class. Either way I would encourage her to pray about it and choose as God leads. The goal is to have her be able to recite the verse and little info why she picked it - or what it means to her!

**Have students write out words they would use to describe themselves in first block.**

**Have Mom or someone special to them write words they would use to describe the child.**

### **3. Activity**

After working through the guidebook and questions, you will finish up with a hands on activity! Enjoy this time just being together and see what conversations God brings up!

**Since this is week one, it is a bit different.** This week you can flip to the table of contents and look over what you will be doing over these next weeks. *Ask her what she is most excited about learning and you can share what you are looking forward to!*

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 2 - Growing in Godly Integrity

Welcome back!

Before we get started, let's pray!

### 1. Prayer

Lord, thank you for our time together today! Thank you that we have begun to look at who you say we are. Help us to process through your truth and apply it to our lives! Amen.

### 2. Truths

Review the class truths and guiding verse in Student Guidebook page 1

*Did you grab your Guidebook ? Alright, let's go!*

Repeat Class Truths - individually or as a group

You \_\_\_\_\_ are **wholly loved by God**. He **created you unique**. You were **created to shine** to be set apart, just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ **matters to God!!**

Please remember that this time together class is a safe place for you to learn truth about God and each other. We will listen first, build each other up, focus on our inner beauty and inner beauty of others and forgive others when they sin against us. We will also ask good questions {there are no wrong questions} and we will take all to God in prayer looking to the bible for answers.

Let's repeat our guiding verse in bold below either individually or as a group **you don't need to go over the breakdown again unless you choose to it is there just for your reference.**

*...among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain. Philippians 2:14-16*

**..among whom you shine as lights in the world.** God is light. Light shines in darkness. They don't work together. Have you ever picked up a rock and seen a bunch of worms or bugs squirm and scatter? Why? Because light was shining into their darkness! We are light in the darkness of the world. We are to reflect the light of Christ in us!

**holding fast to the word of life.** Hold fast meaning - Holding tightly, grasping tight, sticking to, attaching to "the Word of Life" meaning the gospel of Jesus Christ, God's word which leads up to the fact that He Himself is "the Word of life". We are to hold tightly and remain close to both the word of God and our relationship with God.

**so that in the day of Christ I may be proud that I did not run in vain or labor in vain.** That your hard work through the Lord, will not be worthless and will produce results for God's kingdom!

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 2 - Growing in Godly Integrity

### 3. Looking Back

*How did your homework go?* Parent: use this as a time to review the words you chose for your daughter to build her up. You can also ask her what words she would use to describe you! Group: Ask if anyone like to share some of the words that describe them?

*Did you choose a personal bible verse to memorize? Remember it can be one you are familiar with or one from this class, whatever God puts on your heart. Just make sure you pick one by week 3 and begin to memorize it.*

### 4. Identity Trait of the Week

*Growing in Godly Integrity. Integrity is a big word. What do you think integrity means? Best guess even if you don't know?*

Student Guidebook Page 3-6 Activity on pg 6

*The Definition of Integrity: the quality of being honest and fair* Merriam- Webster Dictionary Online

*What are some words that you think would describe someone with integrity? Write in blanks. Ideas could be Honest / Trustworthy / Fair / Sharing*

Go over "What the Bible Says" section: **Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out. Proverbs 10:9**

Integrity gives us confidence in our life and our relationship with God.

**..who keeps an oath even when it hurts, and does not change their mind. Proverbs 15:4c**

Someone who keeps their word, even if it hurts them, meaning it is hard to do or even if they don't feel like. They keep a promise not only because of the consequence ex: they will get in trouble, but they keep it simply to keep their word. Their word holds value. This is what God wants for us!

**Righteous lips are the delight of a king, and he loves him who speaks what is right. Proverbs 16:13**

Trust is the base of integrity. Being truthful and trustworthy blesses others!

**For God does not show favoritism. Romans 2:11**

We are to show God's love to each other not favoritism.

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 2 - Growing in Godly Integrity

Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity, and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us. Titus 2:7-8

Christ living in us is what makes us want to do good works. Living in Godly integrity shows Christ to others and makes it hard for others to condemn us. You may want to note that yes, people can always make up things about others but it's harder to do and it's not able to be proven when we walk in integrity.

### "My Integrity Circle"

God gives us relationships and areas in our lives that we are expected to handle with integrity. We will call the closest areas to us our "Integrity Circle". Right now at your age, your "Integrity Circle" probably includes:

- Your relationship with God
- Your family
- Your friends
- Possibly your finances if you are given an allowance, Birthday & Christmas money etc.

We are to handle these areas in our lives with Godly integrity. Write these down at the bottom of page 3 and let's go to page 4 to read and think this through some more.

### 6. Next Steps - Student Guidebook

Groups- Use as Independent Study/Homework

Parents- You can use as independent study or growing together with some Mom & Daughter time.

For the integrity piggy bank they are to think through the question and circle honestly where they feel they are at. Help them look at their current integrity levels in each area of life that they are responsible for. Below that there are some general examples of ideas to include when filling in their integrity piggy bank sheet.

The next sheet is to keep track of specific "deposits or withdrawals" that they do thru the week. We are focusing on these **not that works make our faith, but that we should want to show good works as a result of Christ living in us**. My hope and prayer is that they begin to see more clearly, their specific God given areas of responsibilities in relationships. Also that this helps them to think and grow and take right actions in these areas.

### 7. Activity

After working through the guidebook and questions, you will finish up with today's activity on page 6. Enjoy this time together! P/T Can read through the scenarios and ask them for a solution. Groups can pair up or group up and just respond or even act it out.

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 3 - Growing as God's Servant

### 1. Prayer

Father thank you for this class today. Thank you for allowing us to come together to learn more about your will in our lives. Please help us to remember and apply what we learned about integrity last week. Help us to live lives of integrity daily. Thank you for your love and mercy! Amen.

### 2. Truths - Repeat Class Truths & Guiding Verse

You \_\_\_\_\_ are **wholly loved by God**. He **created you unique**. You were **created to shine** to be set apart, just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ **matters to God!!**

***Phil 2:15 ... among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.***

### 3. Looking Back

*Did you choose a personal bible verse to memorize? How did your homework go?*

*How did your integrity piggy bank charts go? Were you more mindful of ways to build up integrity with those in your circles? Would anyone like to share some of the deposits or withdrawals you wrote down last week?*

### 4. Identity Trait of the Week

*We Are Servants of God - We are Jesus Hands. What does being a servant of God mean to you?*

### 5. Student Guidebook Pages 7-8

Read the definition of servant. In Hebrew the word Ebed for servant has two parts to the meaning. There is action + obedience. **True servant-hood is our hands and our hearts working together.**

*We can serve or do good works without our heart being right. For example: Mom says to clean your room, you stomp off angrily and clean it. Is that true servant hood? It is obedience with a disobedient heart. Serving can be worship to God when flowing from a right heart!*

Ask them for examples of different ways they can serve others. **Some examples would be:** Giving our time, talents, encouragement, financial resources, food, gifts, hospitality, a smile, a listening ear, sharing, giving our help. Have them write down a few of their own or give examples if stuck!

Read verses on page 7

*Who is called? You, All Christians*

*Why called? God says, Jesus did. He was the Ultimate servant!*

*Who are we called to serve? All people*

*How are we called to serve? We are unique. God gave each of us gifts to be used to serve others!*

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 3 - Growing as God's Servant

### ★ 6. Next Steps

Pg 8 Read the top half of page and go over with students. The bottom half is homework. They are to be silent agents this week. **Pick some ways to serve others and write down what you did!**

### 7. Activity Page 9

Mini Manicures! **There is a step by step printable in the Student Guidebook .** There is also a "How To" article on the resource page for additional help with video. I have often found supplies at the dollar store for our daughters or smaller groups and Amazon often has good bulk prices for larger group supplies.



## Mini Manicure SUPPLY LIST

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> SMALL PLASTIC DISH TO SOAK | <input checked="" type="checkbox"/> NAIL BUFFER  |
| <input checked="" type="checkbox"/> SMALL HAND TOWEL           | <input checked="" type="checkbox"/> NAIL CLIPPER |
| <input checked="" type="checkbox"/> NAIL POLISH REMOVER        | <input checked="" type="checkbox"/> NAIL FILE    |
| <input checked="" type="checkbox"/> COTTON BALLS/SWABS         | <input checked="" type="checkbox"/> NAIL POLISH  |
| <input checked="" type="checkbox"/> CUTICLE TRIMMER/PUSHER     | <input checked="" type="checkbox"/> BASE COAT    |
| <input checked="" type="checkbox"/> CUTICLE OR HAND CREAM      | <input checked="" type="checkbox"/> TOP COAT     |

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# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 4 - Growing in the Quality of Modesty

### 1. Prayer

\* Father thank you for the opportunity to learn about servant-hood last week. Thank you for a beautiful picture of serving others that we find in Jesus. As we dive into what it means to pursue modesty that flows from the heart, please help us to listen and help us to understand what you have to say through your word. Thank you that we can bring all of this to you and ask for wisdom. Amen!

### 2. Truths - Repeat Class Truths & Guiding Verse

You \_\_\_\_\_ are **wholly loved** by God. He **created you unique**. You were **created to Shine** {to be set apart} just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ **matters to God!**

**Phil 2:15 ... among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.**

### 3. Looking Back

*Did you choose a personal bible verse to memorize? Make sure you have one picked out that you are working on this week!*

*How did you feel being a "Silent Servant"?*

*Did you find it hard to serve at times? Would you like to share an example from your guidebook? What did you learn through it?*

### 4. Identity Trait of the Week

**We want to pursue Modesty that flows from the heart.** What do you think of when you hear the word modest? What does the world seem to say about Modesty? Does it agree that Modesty is a good thing? Why or Why not? This is a good place to either discuss your family rules on modesty, or direct them to discuss them with their parents this week if you are teaching a group. We don't look at the "modesty ruler" in this course - that is directed to the parents, we *will* focus on the *heart producing the outward behavior*.

### 5. Student Guidebook Pages 10-11

Read the definition of Modesty - a 2 part definition. We are going to look at two things in The Quality of Modesty - the **heart characteristics** and the **behavior characteristics flowing from the heart**. This is so important! The Bible tells us that everything flows from the heart. **The heart is where true modesty begins**. Modesty is not only a set of rules or measurements in regards to clothing. God loves us and wants His best for us in all things! He wants our hearts to be in line with His. When they are (in modesty or any area) the behavior or "fruit" will flow from that!

**Today we are going to look at that a little more.**

*So true modesty flows from the heart outward and Modesty and Fashion don't have to be enemies. Ok so what does that mean? Let's look!*

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 4 - Growing in the Quality of Modesty

Individual or Break into groups : *What are some Heart Characteristics?* Humble, gentle, kind, generous, meek, teachable hearts. *What are some Behavior Characteristics outward actions that would flow from that?* Respectful and confident in dress, positive speech, words to encourage others, calm responses.

Read the verses in the guidebook page 10 and discuss the questions (I've included some starters if you want to use them :)

**1 Peter 3:3-4 part 1:** *Do you think this is saying we are never to dress fancy or do our hair etc?* No, more so it was likely referring to women who were trying to show off, to attract attention to themselves or to out do one another.

**Part 2:** Inner self/unfading beauty - all outward fades **rather {meaning opposite of }** it should be that of a gentle and quiet spirit which is of great worth to God! *Now, does this mean if you are a bubbly talker type of girl you don't have a gentle and quiet spirit?* No, it's not a volume thing! We love our bubbly talkers! We have a few :) It's more of a calm, gentle, peace. One that people can feel when they are around you. It's when what's going on in your heart shines thru to the outside. **This comes from fixing our eyes on Jesus and what He thinks of us!**

*What characteristics show quiet and gentle spirit?* But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control . Side note: We have a **FREE 10 week Tween Bible Study e-course** on the blog on the Fruits of the Spirit where you can dive in more after this course! See the Girls Created to Shine Resource Page to sign up.

**Read 1 Tim 2:9-10d** This is an example of godliness with good works. It shows the focus on the heart {not on outward appearance} and the actions will flow from it. As you grow, you will have more people tell you *outward beauty* is the ultimate goal of being or becoming a woman. Our world will lead you to believe that the prettier you are, the more valuable and loved you are.

But the bible tells us that this is NOT true! Go over 1 Peter 3:3-4 often and tell yourself the truth of God's word. His word says that our main focus, time and attention should not be looking pretty on the outside, but rather *deep in our hearts*. When you listen to Jesus' thoughts about you, you will not be so worried about being the most beautiful. Your heart will be at peace. You will grow a quiet and gentle spirit - and that is true beauty.

### 6. Next Steps

Walk thru Student Guidebook page 11. Notes are on the page regarding Fashion Toolbox Ideas + Note to Self in the Future sections that you can walk thru with them. Try out **What are my Best Colors** for homework! Access the resource page for this week to find a website quiz for Mom and daughter to walk thru and find their colors together as well as a fun video and other resources!

### 7. Activity

Use the Fashion Template {created by my own tween daughter & friends} at the end of this section to draw your own examples of modest fashions! You can come up with your own or use the inspiration page the girls provided for ideas!

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 5- Growing in Godly Friendships

### 1. Prayer

God we are so thankful for last week. When we look at what it means to pursue modesty that flows from the heart it can be hard to understand. Will you help guide us by your word and the Holy Spirit so we can grow in understanding? Lord, will you bless our time together today? Thank you for caring about our friendships with others. Please help us to learn what it means to Grow in Godly Friendships today!

### 2. Truths- Repeat Class Truths & Guiding Verse

You \_\_\_\_\_ are **wholly loved** by God. He **created you unique**. You were **created to Shine** {to be set apart} just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ **matters to God!**

**Phil 2:15 ... among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.**

### 1, J n m i g e @ a i

Are you working on your personal bible verse to memorize? Awesome! Do you have any questions after the color quiz last week? Did you notice the colors "in your season" that you already have in your closet? Fun! {If group} How did fashion toolbox go? Raise your hand if you are spring, summer, fall, winter? Did your answer make sense to you? Do you like the colors?

### 4. Identity Trait of the Week

**Today we are going to talk about Growing in Godly Friendships.** Friendship {and as girls specifically} can be hard! It's something that is always growing and changing. When children are little like our youngest {around 3 years old} friendship looks like playing *next to each other* or the occasional fight over sharing toys.

As you grow you begin to add in independence, your own way of doing things, more communication and of course emotions! We go from playing alongside our friends to our friendships becoming very important to us. There is nothing wrong with valuing your friends! That is a good thing. **But it is very important to choose our friends wisely and to learn to grow God honoring friendships.**

As you become an adult your friendships will **keep changing!** Life situations like college, marriage, having your own kids or work can all be reasons that friendships would change. God gives us family and Godly friends so we can encourage one another in our relationship with Him along the way. Growing in Godly Friendships can also be a great way to prepare for marriage someday if that is God's plan for you!

**I would like you to think about a friendship you have right now.** Maybe it's a good one and you think everything is going great! Or, maybe you have been hurt or hurt them in the past. Possibly you don't have anyone you really consider a friend. **No matter where you are at with friends, God wants to guide you. We can't be the friend that God intended us to be without His help!**

**Friendship can be a beautiful and complicated gift. Instead of trying to do what we think or feel on our own, let's look at what God says about growing in Godly friendships!**

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 5- Growing in Godly Friendships

### \* 5. Student Guidebook

Let's turn to pages 12-14 in your Student Guidebook. Go over teaching points and definition of friendship. Ask: *What Makes a Good Friend?* Here are some ideas: **Encouraging** {1 Thessalonians 5:11}, **Selfless** {Philippians 2:4}, **Gives wise advice** {Proverbs 27:9}, **Grows together with you in the Lord** {Proverbs 27:17}, **Trustworthy** {Proverbs 11:13}, **Forgiving** {Ephesians 4:32}

Read through the verse examples on page 12 and the *Let's Grow as Friends* hands on examples.

Page 13 has verses and words of wisdom regarding friendship. Read through and engage them as you go!

The "**But How?**" section on page 13 has *Practical Steps to follow*. Walk through each step with them.

1. **Pray and ask for help** {God knows and cares about every detail of your life!}
2. **Know what is most important** {that's why we are here today, to learn what is important to God in Friendships}
3. **Grow in your relationship with God** {when we keep God first, it overflows into our other relationships!}
4. **Pay attention** {Get to know your friends well. Learn how to encourage them and what they are interested in. When we choose to put each other first in friendship, we honor God as well!}
5. **Stand up for what is right, separate from anything else.** {Always do what's right. Even if your friends aren't doing the same. It's hard, yes! But God will honor that you stayed on His path. He always has His best in mind for your life!}

### 6. Next Steps

Page 14 is homework for next week! It is a topic and verse match. There are verses listed on the left hand side about friendship and some summaries listed on the right. Read through and match them up to help them understand the verse in how it could apply to their friendships. On the bottom think and pray about what is important to you in Growing Godly Friendships and make notes in the "*What I Want in a Friend*" section. This will help you going forward in life to refer to this and choose wisely.

**Answer Key: 1. E, 2. D, 3. F, 4. I, 5. A, 6. C, 7. J, 8. H, 9. B, 10. G**

### 7. Activity

Page 15. Have fun going through the list **whether in a group or Mom & Daughter**. If at home, read the question and both sit or stand for your answer at the same time. Even though you may know each other well, it's fun to see this in action. If in a group have all sit or stand where they are at!

# Girls Created To Shine

## We're Here To Learn: About God, About You And About Others

### Week 6 - Rethink Beautiful

#### 1. Prayer

Lord thank you for these girls. Thank you that you have brought us together to learn more about growing in godly friendship last week, and to rethink beautiful this week. Please help us to see what *you say true beauty is*. I pray these girls would know deep in their hearts that each and every one is beautifully made by your loving hands. Be with us today and guide our thoughts. In Jesus name I pray.

#### 2. Truths - Repeat Class Truths & Guiding Verse

You \_\_\_\_\_ are **wholly loved** by God. He **created you unique**. You were **created to Shine** {to be set apart} just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ **matters to God!**

Ask if she wants to recite the verse she picked to memorize for the course. If in a group and if no one wants to share they can repeat the class verse with you.

**Phil 2:15 ... among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.**

#### 3. Looking Back

*How did the bible verse match up go? Did it help you to think more about what you are looking for in a good friend? Would you like to share what they prayed about and wrote?*

#### 4. Identity Trait of the Week

Today we will look at Re-Thinking Beauty. Let's see how God views beauty and how we can re-think beauty to help line our hearts and minds up with Gods word!

#### 5. Student Guidebook Pages 16-19

Read the questions you will answer today as well as the world's definition of beauty. Then ask: *What does the world tell you is beautiful?* If no response, then share some examples of outward beauty. Have them write down 4 examples on page 16.

*What does God tell you is beautiful?* Have them trace over examples on worksheet. Take turns with you girl reading the character trait and the corresponding verse. If group, ask 4 different girls to read the character trait and then corresponding verse.

*Let's look at how we can re-think beauty. What do our eyes have to do with it?* Read through Pg 17

**The Bible tells us to guard our hearts.** Read Proverbs 4:23 *Above all else, guard your heart, for everything you do flows from it* and Matt 6:22 *The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light*

**Then it must matter a lot what we put into it!** We are a visual world now. Studies say we see an average of 5000 images per day. Our eyes are constantly downloading information that our brain processes into thoughts, feelings and actions. It should be no surprise -that --the Bible has a LOT to say about our EYES!

{see course resource page} **Show her {or print} the picture of cupcake.** *Ask her what it makes her think of? I'm hungry? I want a treat? I want to bake?*

**Show her {or print} the picture of the beach.** *Ask her what that makes her think of? I want to go for a swim? I need vacation? I want to go have fun?*

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 6 - Rethink Beautiful

✧ **Does she see how images often impact thoughts, feelings and desires in small but also large ways?**

Read the verses and discuss what God says true beauty is. Talk about beauty from the heart flowing outward. Do you have an example to share from your life? Take some time to go over this section. Ask good questions and let them lead to deeper discussion depending on where they are.

I find it important that they understand good self-care is healthy and God honoring {we will discuss this more in week 9}. It's when we value something more than our relationship with God that we begin to see a problem.

**Here's a "filter" we discuss in our family.** This goes for beauty and really applies to other areas of our lives.

*How much time are you spending on \_\_\_\_\_ compared to the time you are spending with God?*

We should keep things in perspective. On a normal day spending an hour in front of the mirror and 5 minutes in our Bibles would show us that we are valuing the outside more than inside. Having God's view of beauty helps us keep a healthy perspective!

We can take two big steps in re-thinking beauty

1. Learn more about God and what He calls beautiful through His word.
2. Focus on lining up your heart with His. Study your Bible, pray and get help from Mom or another wise women in your life!

**Read through Simple skincare tips sheet.** They will need to try to wash their face at least once per day as they start to get older/more oily or after sweaty sports or play. Then they can then work up to morning and night if they are not already.

**Go over Simple Makeup tips sheet** for as they get older or as you/parents determine. Stress that minimal is best. A tween to teen makeup goal can be using it to enhance your God given features not to change them.

### 6. Next Steps

Go over page 17. She should complete as homework this week. In the boxes she can write down some traits, hobbies, talents etc that make her unique. Have her answer the questions below that and pray!

### 7. Activity

Try mini facials on the back of your hand or a homemade one for a Mom & Daughter Date! There are directions on the resource page and some DIY Mask ideas. You should only need a pea size amount per step, per hand. Get wet, apply, wipe off and moisturize!

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 7 - Growing in Bible Study

Welcome back!

We always want to pray before we get started!

### 1. Prayer

Father we are thankful to be together today. Thank you for continuing to show us your truth through your word. Please help us to always remember YOUR definition of true beauty. I pray you would show us what you want us to learn about Bible study today! In Jesus name I pray. Amen.

### 2. Truths- Review the class truths and guiding verse

*You \_\_\_\_\_ are **wholly loved** by God. He **created you unique**. You were **created to Shine** {to be set apart} just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ **matters to God!***

Let's repeat our guiding verse {in bold below} either individually or as a group {you don't need to go over the breakdown again unless you choose to; it is there just for your reference.}

### Philippians 2:14-16

**..among whom you shine as lights in the world. God is light. Light shines in darkness. We are to reflect the light of Christ in us!**

### 3. Looking Back

*Did you work through writing down your unique traits? What about a trait you are thankful for and one that maybe you don't like so much? Did you pray and ask God to help you to appreciate the way He created you? **Remember God created you the way He did on purpose! He makes NO mistakes. He loves you just the way you are.***

*Are you working on memorizing your personal bible verse? Would you like to share it?*

### 4. Identity Trait of the Week

This week we are going to do a Bible study deep dive! We are going to use our minds and learn some steps to help us know the Bible better!

### 5. Student Guidebook Page 20 & 21

We are going to look at two verses to help us see a little behind WHY we should study the Bible *And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Mark 12:30*

So often we study the word of God with our eyes only by reading it and then hope it somehow sinks in. It is GOOD to read the scriptures No Matter What! But it is better when we are studying God's word His way... Let's look...

# Girls Created To Shine

## We're Here To Learn: About God, About You And About Others

### Week 7 - Growing in Bible Study

God gives us 4 keys here in telling us how we are to love Him. They are in bold below.

\* *And you shall love the Lord your God with all your **heart** and with all your **soul** and with all your **mind** and with all your **strength**. Mark 12:30*

Go over each explanation in student guidebook Page 20

The second verse is: *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:2*

Because we live in this world that will continually tell us to value and follow things that are not God's best, it is very important that we put God's word in our minds and hearts to combat it.

The second part of this verse tells us what that does: *Then you will be able to test and approve what God's will is--His good, pleasing and perfect will.*

When we study and know God's truth, we will want His ways more. **When we desire His ways and His best for us - we will be able to understand more clearly, His will for our lives!**

Go over the "Why Study the Bible?" section: read 2 Tim 3:16-18 in the guidebook.

*What are some things we get when we study God's word? Write some examples on the lines below "It gives us": Some examples could be wisdom in making decisions, a closer relationship with God, peace, confidence, joy etc.*

Fill in Activity "The Bible Says Scripture is ..."

Light                      Wisdom  
Truth                      Weapon  
Strength

**The best way to guard yourself against false teachings is to know the truth.**

As you grow you may have certain pastors or Bible teachers that you like to listen to. That is a good thing! But it's also very important to know how to study God's word for yourself. We should always check what we are being taught against God's word on our own. If you know His truth, false teachings will become much easier to spot.

They say in the banking industry they have to learn how to spot fake dollar bills. *How do you think they learn this? Do they study the different kinds of fake or counterfeit money?*

No! There can be many versions of fake money.

They study the real money. They know it inside and out so they can easily spot the fake!

We should take the same approach to God's word in our lives.

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 7 - Growing in Bible Study

6. **Next Steps** Student Guidebook Page 21 - Go through this page together.

It is important to remember that the Bible is a factual book. It's not just stories. **It is packed with real truth, real accounts, a real Savior, real places and real people.**

*When we study the Bible it is always important to get some background information first.* For instance when someone sends you a card, note or letter, you often know a few important things about it that will make it more significant to you.

Things like:

*Who wrote it to you.*

*When they wrote it.*

*Where it came from.*

*What it says inside the envelope.*

We want to do the same with the Bible. Let's look at a verse together and find out some of those things. Grab the Printable "Books of the Bible by Author/Dates" in the Student Guidebook.

### ***An important note!***

Having 5 kids of my own, **I understand that spiritual maturity will vary a lot.** Age often has little to do with it. In this course, I am including a deep dive into inductive Bible study. *I want you give you the most in depth information I can.* As a Mom looking for resources my own kids, I have found that "lighter" or devotional types of Bible studies are more readily available.

**I have included some extra options for "lighter study methods" on the course resource page.** There are different types of Bible studies listed for the tween age group. If you feel this in depth study is too complicated, even when taken step by step, then please refer to the course resource page. Save these worksheets as a next step in their spiritual growth.

***Don't forget, we also have a FREE 10 week e course study on the Fruits of the Spirit and tons of devotional ideas in your Ultimate Tween Girl Resource Kit!***

### **7. Activity**

Today you will try out a new type of Bible Study! We are going to start with a verse that you are familiar with. Read John 3:16 on page 22 of the Student Guidebook.

Follow each step on page 21 or the "lighter" examples and walk them through each step.

I've added a prayer journal sheet to the Guidebook that our girls have used with their quiet time. You can print as many copies as you need. You will also find a post on the course resource page with tips on how to encourage your tween to pray. And there's a bonus *girls version* of our FREE 31 day prayer calendar in the Student Guidebook!

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 8 - How to Handle Changing Emotions

Welcome back friend! Before we get started, let's pray.

### 1. Prayer

Lord, we are so thankful to be here together today. Thank you for last week's class on diving into your word. I pray that you would draw us near to you and help us to spend more time in the word learning about you. Please still our hearts right now. Help us to hear what you want us to about how to handle changing emotions. Amen.

**2. Truths-** Review the class truths and guiding verse in Student Guidebook page 1

Repeat Class Truths - individually or as a group

You \_\_\_\_\_ are **wholly loved by God**. He **created you unique**. You were **created to Shine** {to be set apart} just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ matters to God!

Let's repeat our guiding verse {in bold below} either individually or as a group {you don't need to go over the breakdown again unless you choose to, it is there just for your reference.}

### **Philippians 2:14-16**

**...among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain. Philippians 2:14-16**

**..among whom you shine as lights in the world.** God is light. Light shines in darkness. We are to reflect the light of Christ in us!

**holding fast to the word of life.** Hold fast meaning - Holding tightly, grasping tight, sticking to, attaching to "the Word of Life" meaning the gospel of Jesus Christ, God's word which leads up to the fact that He Himself is the Word of life we are to hold tightly and remain close to both the word of God and our relationship with God.

**so that in the day of Christ, I may be proud that I did not run in vain or labor in vain.** That your hard work through the Lord, will not be worthless and will produce results for God's kingdom.

### 3. Looking Back

What was the hardest thing about your homework? What was the easiest? Did you practice your chosen Bible verse? How was it to work through your guidebook for quiet time?

Remember: You should be working on memorizing your own personal Bible verse. One that is special to you! Just make sure you have it memorized by the last week.

Go to Student Guidebook Page 24 - 25

# Girls Created To Shine

## We're Here To Learn: About God, About You And About Others

### Week 8 - How to Handle Changing Emotions

#### 4. Identity Trait of the Week

How to Handle Changing Emotions. We are going to talk about what you may experience with changing emotions as you grow and how we can learn to handle our emotions in a God honoring way!

The Definition of Emotion- Any of the **feelings** of joy, anger, sadness, disappointment love etc.

*Have you noticed or experienced stronger emotions or feelings as you are growing older?* If yes, that is totally normal! If not, you'll probably begin to notice a difference soon. **Either way, I want you to know that it is ok to experience emotions, God made us emotional beings!**

#### 5. Student Guidebook

Go over "*Let's Ask Some Questions About Emotions*" section:

**1. God created man in his own image, in the image of God he created him; male and female he created them. Gen 1:27.** God created us emotional beings. He created us in His image, God is not emotionless, He has emotions. He has created us in a way that we can interact and respond to a personal relationship with Him. He did not make us robots, instead emotional, unique individuals!  
**Answer ideas:** To help us interact in relationship with Him, to make us unique, to use them as a guide.

**2. Psalm 119:30 says I have chosen the way of faithfulness; I have set my heart on your laws.** All emotions are NOT truth. Not meaning we don't actually feel them, but our actions should not be based only on our emotions or thoughts. We **always** want to check with God's word. We must choose to think and act in a way that honors God even if we don't FEEL like it.

**Answer ideas:** No all emotions are not truth. God word is truth. We should rely on what the Bible says more than our emotions.

**3. The Bible tells us in Jeremiah 17:9 that The heart is deceitful above all things, and desperately sick; who can understand it?** We should not make decisions only based on emotions. Following your heart - as you hear a lot today can lead you down very wrong paths.

**Answer ideas:** No, we should always back up decisions with God's word, prayer and using your mind.

**4. Then he said to them, My soul is very sorrowful, even to death; remain here, and watch with me. Matt 26:38 and also John 11:35 Jesus wept.** **Answer ideas:** Yes!

**5. 2 Corinthians 10:5 ... bringing every thought into captivity to the obedience of Christ.**

As you notice stronger emotions, practice taking hold of each thought by praying and asking God for help to handle them in a way that pleases Him. Happiness, excitement and joy can be some of the emotions that are easy to experience. The other emotions are not bad; we just need God's help in handling them the right way!

**Answer ideas:** Either yes or no, but it's great to engage them and find out what they are experiencing if they are willing. For example: I have had girls share specific situations and we were able to trouble shoot together for a "next time" scenario :)

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 8 - How to Handle Changing Emotions

**6. 2 Peter 1:5-7** For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love.

**Answer ideas:** God gives us His word and the Holy Spirit to help us. Even though it can be very hard at times, we are responsible for how we handle our emotions. We can't control the emotional feeling rising up in us, but with God's help we can control our **response** to that emotion.

**7. And we know that for those who love God all things work together for good, for those who are called according to his purpose. Romans 8:28** **Answer ideas:** Yes! It is possible. Anger, fear etc can all have a response that is God-honoring.

*Bonus - Name a book of the Bible that talks a lot about emotions: Psalms!*

**8. What emotion do you struggle with controlling? Answer ideas:** You are not alone. It's good to talk about our emotion struggles with your parents. Pray together about it! God wants us to take it to Him for help!

**9. Proverbs 17:22 says A joyful heart is good medicine, but a crushed spirit dries up the bones. Answer ideas:** Yes, emotions can even affect your health! It is important that we learn how to handle our emotions the way God intends. Don't give up! It will be a blessing to you and the family and friends you love :)

**If we are aware of what can impact our emotions, we can often handle them better. Let's look at some things that can affect your emotions as you grow.**

There are things **inside and outside your body and mind** that can cause emotions to rise up. One influence you might have heard of is called Hormones. Hormones or chemical messengers inside your body can be a big part of changing emotions as you grow into a young woman. Hormones can start increasing even as young as 8 years old!

Often emotions from hormones will not make sense as they are happening. **You may feel really sad, angry or overwhelmed all of the sudden for what seems like no reason.** Guess what? That is normal! Your Mom dealt with the same thing at your age and so are a lot of the other girls around you. Most importantly, God knows and wants to help you learn how to handle them.

**It's good to talk about how you want to handle your emotions, when you are NOT in the middle of experiencing them.** For instance, one of my little girls really needs space when she is angry or sad and she will go into her room, read her verses, sit quietly, think and pray. After a little while she is calm enough to come out and talk about it. Another daughter prefers to talk about it and get hugs through it. Everyone is different. Pray and ask God to help you learn what is best for you! Let's look in your guidebook and see some other things that can affect your emotions.

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 8 - How to Handle Changing Emotions

### 6. Next Steps

\* Student Guidebook Page 25

- Groups- Use as Independent Study/Homework

- Parents- You can use as independent study or growing together with Mom & Daughter time

Read through Page 25 **Hands on Strategies with them.** Ask if they have any questions for wrap up. For Homework they should re-read strategies (and discuss with parents if taught in group) and also complete bottom section.

### 7. Activity

After working through the guidebook and questions, you will finish up with today's activity. Cut out the "Scripture Truth Cards". You can either place them on a metal ring clip or use pipe cleaners! They can decorate/color them if you have time. **They should practice reading through them and keep them accessible.** Use them to complete the homework.

See you next week!

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 9 - Honoring God By Caring For Your Body

### 1. Prayer

\*Lord, thank you for making us as unique individuals! We are grateful for your teaching last week about emotions. How amazing that you know the emotions *we personally struggle with!* What a relief that we can come to you for help. As we learn more about you and how you created us, please help your truth sink deep into our hearts. Amen.

### 2. Truths - Review the class truths and guiding verse

Repeat Class Truths - individually or as a group

You \_\_\_\_\_ are **wholly loved by God**. He **created you unique**. You were **created to Shine** {to be set apart} just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ **matters to God!**

Let's repeat our guiding verse {in bold below} either individually or as a group

### **Philippians 2:14-16**

**...among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain. Philippians 2:14-16**

### 3. Looking Back

*Did you use your truth cards this week? Did you find one area of emotion that you struggle with and pick out a verse to help? God's word is powerful! Memorize that verse and say it when you are struggling. It really does help to create a space between **the emotion** and **our reaction**. Keep praying and asking for God's help in this. The Bible says *we can do all things through Christ* who strengthens us!*

### 4. Identity Trait of the Week

This week we are looking at honoring God by caring for our bodies. We will see why it matters and go over some basic body and hair care tips!

### 5. Student Guidebook

Pages 26 -27 Read each statement on page 26 and the verses to back them up. **After each statement/verse, ask her questions to dig in a little deeper.** Ask why she thinks it's important, what it means to her etc. Assure her it's OK if she doesn't know, that's why you are both working through this together!

Play "What Parts & How"

The first letter of a part of the body is listed on each line. Name a part of the body that starts with the letter listed. Write it down. Then think of at least one or two ideas of how we can use that part of the body for God's glory. Ideas for answers are below.

<b>Feet</b> - exercise to stay healthy, visit others, serve others	<b>Eyes</b> - communicate, control what we put in them
<b>Ears</b> -listen to others, hear Gods word	<b>Hearts</b> - love God, love others sacrificially
<b>Hands</b> - communicate, serve & care for others	<b>Mouths</b> - use kind words, offer praise, pray
<b>Tongue</b> - enjoy good food God gave us, gentle speech	<b>Arms</b> - hugs, help others
<b>Minds</b> - think, learn God's word, share the gospel	

\*This last one isn't really a "body part" but give it a try to see if she can guess! **The last E is for Energy!** *We can use our energy to serve others and to take care of what God has given us!*

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 9 - Honoring God By Caring For Your Body

Page 27 Go over *"Body Care and Practical Tips"*

1. 10-12 hrs
2. Drink water first thing!
3. At least 7 glasses a day
4. Do not skip breakfast. It's brain food and good for energy
5. Exercise at least 60 mins
6. Exercise ideas: run, walk, play outside, have a dance party, tumbling, playing sports

**Go over hair care and body care tip sheet! Invite questions, discuss more in depth as needed!**

### 6. Next Steps

*For homework "I Will Choose To Honor God With My Body By ...."*

They are to pick four ways of honoring God with their body between first worksheet and this one. Begin to work on one of those 4 ways, each week, over the next month.

Read 1 Thess 5:23 on the page. Look up "blameless" in the dictionary even if you know what it means. Draw a picture on the page of something that stands out in the verse!

### 7. Activity

Today's activity is healthy smoothies! There are some recipe ideas in the Student Guidebook or visit our Pinterest board for more. Have fun trying something new, yummy and good for you!

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 10 - Pure in Heart, Mind & Body

### 1. Prayer

Lord, thank you for teaching us the importance of honoring you with our body! Thank you for loving us so much that you care about *all* areas of our lives. Help our ears to listen and our hearts to be open as we learn more about you and your best for us in growing pure hearts, minds and bodies this week. Amen

### 2. Truths - Review the class truths and guiding verse

Repeat Class Truths - individually or as a group

You \_\_\_\_\_ are **wholly loved by God**. He **created you unique**. You were **created to Shine** ( to be set apart ) just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ **matters to God!**

Let's repeat our guiding verse (in bold below) either individually or as a group

### Philippians 2:14-16

**...among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain. Philippians 2:14-16**

### 3. Looking Back

Did you pick four ways to work on honoring God with your body? We all have places where we need help. Diligently improving one area each week over the next 4 weeks can help you lay a great foundation for honoring God with your body! Keep praying and asking for His help. He wants to be included in all areas of your life! He loves you and is there for you!

### 4. Identity Trait of the Week

J cr-qjc\_p d k npc rf ggucci \_ `ns r f mu u c a\_l qci mepnw \_ ns pc g f c\_pr\*k g b\_l b `ntow? jj ncl uf gfi \_pc t cpwgk nmp\_r r mE nio

**Please note:** This lesson {and the whole course} is based on all flowing from the heart and the ultimate goal for our daughters: growing more like Christ and making the Lord #1 their lives.

I believe it is the same in regards to purity. **Purity begins in the heart and flows outward.** There is no sense in teaching purity *actions or rules* if the heart is not addressed. There is so much to dive into with this topic. I have included more resources on the resource page to discuss more on purity at meet her where she is at.

*After this course focused on purity of the heart, I pray you will be able to develop a plan for teaching purity boundaries in your family and involve your daughter in it as she grows.*

**Teacher: In group setting we are still teaching the same, but I recommend sharing this information with the parents and encouraging them to dive into this at home!**

### 3, Qs bcl r E s gbc ` nmi

Read through page 29 together. Discuss the world-view on marriage verses Biblical view. Read and discuss the 5 focus points.

I think it's important to note {page 29} what the **purpose of dating actually is**. Today's view of dating and our "hook up" culture has severely distorted the actual purpose of dating.

Whether you choose to allow your daughter to date or not, being clear on the intent behind dating is important. Also share that her focus at this tween stage should be on growing in the Lord and growing Godly friendships. This something she needs to hear since it's so contrary to what the world tells her.

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 10 - Pure in Heart, Mind & Body

In this course there are some what I call "filters" that I share with my own tween girls. **They are ways to double check ourselves and our hearts against God's word.**

I have one of these listed at the bottom of page 29 as well as a couple others this week. The territory of guarding our hearts is super important so we have found these to be helpful. Here is one.

**Don't push boundaries in *any relationships* or *in your walk with God*. Follow this rule to help protect your heart: if you have to question whether or not God would think the decision {or action} is acceptable, then just DON'T DO IT!**

Page 30

Read and discuss the first half of page 30 All is pretty well laid out in the Student Guidebook. Here are some notes for when you get half way through the page.

### ***"Guarding Our Hearts? What About Crushes?"***

Right about now you are probably in one of two camps. You are either a bit taken back as to why we would talk about crushes at this age, or you are well aware of the amount of boy crazy girls in our world - from as young as kindergarten on up!

Here's why I think it needs to be addressed. It is so very present in their lives. **It is one of the biggest concerns that Moms share with me time and again - how to teach the importance of not being a boy crazy girl.** It doesn't matter if they go to public or private school or are homeschooled. Chances are crushes are either something they are dealing with themselves, or something many of their friends are talking about.

While you may make the case that crushes are an innocent thing to encourage for her age, **the statistics paint a much different picture for our girls today.** About 30% of 10-11 year old girls claim to be in a serious dating relationship. In those relationships, as we move to the teen years, 43% of teenage girls admit to being sexually active. That is not including other sexual behaviors, sexting and more.

*Without understanding crushes and how we can navigate them in a God honoring way, things can lead very quickly to the next level. Teaching the importance of what they are focusing on and helping them put proper boundaries in place can be key in avoiding the boy crazy train.*

Discuss the rest of page 30 as in depth as she will go. This is what I have done with our girls and other girls in our course. The number one thing they mention is that they would talk about it with Mom, but they hope that she will listen and talk, not just correct them. So dive in with your ears open Mom! This may be a great opportunity to hear her heart! **Keep in mind this will be a struggle for some tweens and for others it won't. With a world that so highly encourages it, it is equally important to discuss.** I have noted some practical steps at the bottom of page 30 that our girls have walked through as well.

**The Philippians 4:8 printable is for your girl to hang where ever she wants. It is a great "filter" for so many areas. In our words, relationships, what we are putting into our minds and hearts and more! Our girls keep them by their beds so when they wake up and go to sleep they see this great reminder!**

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## Week 10 - Pure in Heart, Mind & Body

### 6. Next Steps

- \* **A note from a Moms heart:** I've noticed something in the girls I've talked to about this. It really supports the heart parenting approach. There is often an *openness of heart* with the girls that grasp that there is beauty behind God's design in purity and marriage vs just rules. Yes, this happens more easily if they see an example in their life but there are girls who have been taught it and understand it well.

*When we approach these important topics as only {or mostly} rules and regulations and miss the heart, we aren't laying a foundation for life long faith. If you can teach the "why" behind this is important to God, you and their lives you are helping them grow deep roots in faith.*

No, there is no guarantee, but it is a great place to start!

*Deuteronomy 6:4-9*

*Hear, O Israel: The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. **You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates.***

**Homework:** Discuss and invite your daughter to think, pray and process through some qualities that she would look for in a husband. This isn't just a "checklist". It's another good way to grow a God honoring perspective of marriage. *Note: one of the most common listed qualities, whether it's because of their heart or because of the setting the class is taught, is "that he would love Jesus". That is wonderful! But when I challenge them with "that's excellent, but what does that look like?" it helps them shift perspective. It's pretty awesome to see what they come up with :)*

After they write down **5 qualities they would look for in a husband**, have them write down **5 ways they plan to guard their heart** which is so precious to God!

If they get stuck, feel free to help. But I encourage you to let them lead on this since they know their hearts and it helps them develop their own "battle plan" for guarding their hearts which is so important to learn as they grow.

### 7. Activity

**Show your heart!** Follow the directions on this page. She can draw, write or both! She can even get out the crayons, glitter, paint and more to decorate it!

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## Week 11 - Growing In Communication

### 1. Prayer

Father, thank you for bringing us together today. We are so grateful to learn more about you each week and your best for us in growing pure hearts. As our course is nearing the end, I ask that you please help these truths we have learned sink deep into our hearts. Please show us today about God honoring communication and help us take it with us as we grow! Amen.

### 2. Truths - Review the class truths and guiding verse

Repeat Class Truths - individually or as a group

You \_\_\_\_\_ are **wholly loved by God**. He **created you unique**. You were **created to Shine** ( to be set apart ) just as you are, just as He intentionally made you. Every detail of your life \_\_\_\_\_ **matters to God!**

Let's repeat our guiding verse (in bold below) either individually or as a group

Philippians 2:14-16

***...among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain. Philippians 2:14-16***

### 3. Looking Back

*Did you write down 5 qualities you would look for in a husband? Was it hard to think of? Why or why not? What about 5 ways you plan to guard your heart? Did you find it difficult to come up with 5? It's important to have these written down. You can look back on them as a reminder. And as you grow you may want to add or subtract some things as well!*

### 4. Identity Trait of the Week

This week we are going to look at Growing in Communication! Good, honest communication is not only God honoring, but it can help prevent lots of unnecessary drama or struggles in relationships.

### 5. Student Guidebook

If God honoring communication is best expressed through *respect and kindness*, you can see how it ties into manners.

Today, there are many avenues {often technology related} for communicating. But there is no better way than face to face verbal communication. In person we can hear, tone, inflection and non-verbal communications {eye rolls, shrugs, smiles, tears etc} as well. All of these can help us paint a complete picture of what are trying to express.

*So if you have something important to talk about with a friend, always try your best to do it in person!*

Good communication involves self-control. Learning how to control our tongue in communication is key. It's best to use the THINK filter when deciding what to say or not say.

T- Is it True?

H- Is it Helpful?

I - Is it Inspiring?

N- Is it Necessary?

K - Is it Kind?

# Girls Created To Shine

## We're Here To Learn: About God, About You And About Others

### Week 11 - Growing In Communication

Page 33. Read definitions and verses of respect and kindness. Go over each section in the "How Should We A-C-C-T ?" topic to learn more about good communication. Discuss "Why It Is Important To Work On Our Communication Skills" and get feedback from them. Ask them to offer {or you offer :)} some "How I felt when.." real life examples.

***The Name Game: It's important to try your best to remember others names when introduced. This is hard for me! Here is something that has helped me and I hope it helps you too. {if in a group, you can try some examples of this together}***

**When someone introduces them self, think of a descriptive word, that starts with the same letter, to go along with it.** For example, Jill. We can use jumping Jill! This usually helps trigger something the next time I try to remember their name!

#### **6. Next Steps**

Time to go over "My Communication Plan". Pray and ask God to help you answer these questions honestly. We can all use improvement. This can help you see how clearly what you are already good at and what you can work on!

#### **7. Activity**

Act out the scenarios on page 35 together or break into groups. Talk about how each would make them feel and what the opposite way to handle it {good or bad} would look like.

***\*\*\* On the next pages you will find your Bonus Lesson on Bible Study and Bible Art Journaling! The format is a bit different but it is all laid out for you! There are Bible Study and Art Journaling Sheets in the Student Guidebook that correspond with this lesson. If you like this study, there are 9 more weeks you can get for free by signing up on the Girls Created To Shine Resource Page!***



Alright, Let's Get Started!

First of all, **please note: If your kiddos are familiar with either of these formats that's fine!** You can work on growing their understanding of words, meanings and more reference verses.

**If your child hasn't ever done anything like this, that's fine too!** You will be guiding them and giving ideas along the way to help develop their own personal quiet time!

**As a reminder, over the next 10 weeks, we will be digging into ONE main verse.** We will also explore some related verses, but I believe God has so much goodness for us in just this verse. Let's teach them to dig deep!

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23*

### Study Schedule

**Week 1** Class Intro and Entire Verse

**Week 2** Love

**Week 3** Joy

**Week 4** Peace

**Week 5** Patience

**Week 6** Kindness

**Week 7** Goodness

**Week 8** Faithfulness

**Week 9** Gentleness

**Week 10** Self-Control and Wrap Up!

### The How To's

- **To start each week I recommend you pray together, read the verse to them, and then have them repeat the verse after you.** The basics of reading, repeating and writing the verse are great tools. *There are also some fun ways to help with memorization added into some of the lessons.* I have included a copy work sheet to help with the writing if you choose to use it. There is an option on top to trace the verse or you can have them copy it on the bottom lines. I know it's a long verse so you decide what's best copying or writing :) Also, if they have a notebook or journal they regularly keep, they could write in there instead.
- **With the exception of Week 1, there will be a follow up question/s from the week before.** Use this time to encourage them in the growing they have been doing :)

‡ **If you are breaking the study down into a daily format this might be a good spot to break until the next day.** ‡

- Next we look at our word for the week, definitions, related verses, what the word means to us etc. We do our little in depth study. A note for parents: This section is fully written out for you. You can read it as is or not, your choice :) We look at different ways of inductive study in each lesson.

‡ **If you are breaking the study down into a daily format this might be a good spot to break until the next day.** ‡



- Now we reread the verse/verses and fill in your choice of Bible Study Sheet.

**Bible Study**

Book Basics

Words That Stand Out

Words About God

Related Verses

Scripture Reference

Special Things About This Verse:

What is God Saying To Me?

**Bible Study**

Book Basics

Words That Stand Out

Words About God

Related Verses

Scripture Reference

Special Things About This Verse:

What is God Saying To Me?

**Bible Study**

Book Basics

Words That Stand Out

Words About God

Related Verses

Scripture Reference

Special Things About This Verse:

What is God Saying To Me?

‡ If you are breaking the study down into a daily format this might be a good spot to break until the next day. ‡

- **Last, we grab our journaling sheets and get creative!** They can draw, color, write a word, write the verse, paint, sticker, tape. Whatever stands out to them in the verse/s they turn into a creation on the page. Anything goes! **I encourage them to pray and ask what they think God would want to stand out - good or something to work on.**

**So those are the instructions!**

If it feels intimidating, please don't worry, **it won't seem so much so when you are in it.** Really, it's all done for you! Read, follow along and discuss!

*You can print these directions in a PDF format for or save to ibooks on your phone to keep handy if you choose.*

Also don't forget...

**You can grab your choice of boy, girl or neutral Bible Study Sheet and Bible Art Journaling Sheet (as well as anything else in there you choose!) from our FREEBIES Hub.**

It's for Encourage Community Members only. If you would like to get private access, please sign up [here](#) !

And this is SO important! Please remember that I am just an an email away if you have any questions – seriously.

Talk to you soon,

*Lee*

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## **BONUS LESSON: Introduction To Bible Art Journaling**

Week 1

Basics : Book of Galatians

- An Epistle (Letter)
- Author - Paul
- Date - 49 AD

***But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23***

Summary: This verse is giving us a picture of when we have a relationship with Jesus and follow His ways. With God's help -the power of the Holy Spirit, then there are certain qualities we should be producing or showing as "fruit" in our lives because.

What does that mean?

### **Take a closer look: Fruit of the Spirit**

What is the fruit he is talking about? Godly qualities instead of human qualities. The Bible tells us that we *"all have sinned and come short of the glory of God"* Romans 3:23. We can follow some rules, we can be a good kid or generally nice person, but no one is perfect except Jesus. Every person has broken God's rules which means we can only be saved through trusting Jesus as our Savior.

When we trust Jesus as our King, we will want to follow His rules and His ways which we will then become more like Him. When we are more like Him, certain traits will show up in our lives. God says that we were created in His image, to be like Him. This image He is talking about is not just looking at the outside. We can look nothing like our family and they are still our family completely.

Let me ask you a question. *Do you act like anyone else in your family? Do you maybe have the same silly sayings, or really like to do certain activities like Mom, Dad or your siblings spend time doing?* Name 1 similarity.

As you grow older and spend more time with your family and friends closest to you, you begin to have certain qualities that are alike. This is what God is talking about. We were created in His image so if we spend lots time close to Him, then we should see the very traits of God coming out in us! Some of these traits are listed out for us here: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

***John 15:4 says: Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine (Jesus). Neither can you bear fruit unless you remain in me.***

*So if you have accepted Jesus as your Lord and Savior, does that mean it is easy to be in a close relationship with Him? Is it all of the sudden easy to not sin?*

No! The verse says the fruit of the Spirit. And God gives us a helper the Holy Spirit. On our own, we will continue to sin and show the fruits of our human nature, but with the Holy Spirit's power, we can grow and show the fruits of the Holy Spirit and be more like God each and every day!

# Girls Created To Shine

We're Here To Learn: About God, About You And About Others

## **BONUS LESSON: Introduction To Bible Art Journaling**

*So why is having Godly characteristics important?*

The bible tells us - By their fruit you will recognize them. Matthew 7:16. This is so others will see Jesus in you - to share Jesus with them, AND so you will better know others- that they are true believers and not fake.

**Matthew 7:16**

***By their fruit you will recognize them. Are grapes gathered from thorn-bushes, or figs from thistles?***

**Matthew 12:33**

***Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad; for a tree is known by its fruit.***

**Luke 6:44**

***For each tree is known by its own fruit. Indeed, people do not gather figs from thorn-bushes, or grapes from brambles.***

So although only God knows someones heart, He gives us these outward traits to help us see and decide through prayer things like - what Pastors or bible teacher to listen to, what friends are a good choice to spend time around, what movies, music, books etc that we want to let into our minds and hearts.

We will be together the next 9 weeks to discover what each fruit of the spirit or trait of God looks like and hopefully grow more like Christ each and every day!

***Now Let's Do Some Bible Journaling!***

On the ART Journaling Page, write the verse.

On the study page write the Book Basics Type/Author/Date {at the top of the page of this lesson}

On the study page write the Scripture Reference

Read the verse again

Write the words that stand out to you: Power words, Repeated words or words just special to your heart.

Words about God? Either names or descriptions. Write them down.

Write down and read any related verses.

What Makes This Verse Special ? An general idea, People, Places or Things.

What is God saying to me? Write a sentence or two or words about you found in the verse?

***Now it's time to draw, paint, color or sticker your Art Sheet! Draw something that describes the verse to you!***

*Don't forget to come over to the resource page and sign up for the rest of the series on Bible Art Journaling + Inductive Bible Study!*