

young women

LEADERS NOTES[®]

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Starting out * leader's notes: friendship[©]

Some leaders may like to ask the girls to prepare their answers for the study beforehand. Keep in mind that the answers/leader's notes are available on the Youthsurge website if leading the group this way.

let's get started

1. Open discussion by asking every person to answer the first question.
2. Have the girls rate from 1-6 the greatest problem and the smallest problem from the list provided, and then discuss their answers.

Are any of the issues listed problems that you face with your friends? This question is voluntary. This is a good opportunity to find out the issues that the girls in your group are facing.

going deeper

Ask a volunteer to read **Ecclesiastes 4:9-12**. Ask the girls to describe friendship based on this passage. Some suggestions: two achieve more together (v. 9), they can help each other (v. 10), they support each other (v. 11), protect each other (v. 12).

Friendship means you don't go through things on your own.

Read the passages one at a time then write what each one teaches about friendship. Below are some suggestions:

Proverbs 17:17 a true friend loves you no matter what.

Proverbs 27:6 when your friend says something hard to hear (e.g. correction) you can trust their motives.

Proverbs 27:9 the help your friend gives you joy.

Ask volunteers to answer the two questions about the kind of friends they are.

The Christian and friendship

Friendship with god is made possible through Jesus who laid down his life for us (John 15:13). Jesus' death was a sacrifice made on our behalf for the forgiveness of our sin (1 John 4:10)

Ask the girls to share how being a Christian can make them a better friend. Here are some suggestions: A Christian can model the kind of friendship God has shown to them by forgiving, be willing to sacrifice his/her own rights for the benefit of the other person and placing the needs of others before their own.

Helping each other

Ask the girls to share ways they can be different and be better friends to others.

let's pray

Spend some time praying about the kind of friendship described in today's study. Also ask the girls to share some other matters for prayer.

stay tuned

Next week we will look at boyfriends and the kinds of relationships that honour God.

Encourage the young people to use the personal bible reading plan including learning the memory verse. You may like to offer a prize next week to all who can recite the memory verse.

Starting out * leader's notes: **BOYFRIENDS**©

See if anyone used the personal bible reading plan from last week. Ask them to share about what they read.

Check to see if anyone can recite the memory verse from last week (1 John 4:10). You can do this by asking them to recite it altogether OR, by writing down on pieces of paper and them reading their answer OR, by asking them one at a time to do it (you may like to ask the ones who are confident that they know it to go first – repetition will help everyone to learn/remember it better).

You may like to have a prize for everyone who can say it.

let's get started

1. Ask the girls to complete the four sentences. They can do this by writing down their answers and then sharing as a group. There is no right or wrong answer, this is their own opinions.

Ask volunteers to share their opinions on positives and negatives of having a boyfriend.

going deeper

Relationships that please God

Ask a volunteer one at a time to read the passages. After each verse is read have the group describe the kind of friendship God wants us to have. Some suggested answers are:

1 Corinthians 6:18-20: Sexually pure.

1 Corinthians 13:4-7: This is a long list of actions that show grace to the other person.

Philippians 2:4 (*please note in the study it's not 2:43*): A good relationship is not selfish

1 Thessalonians 4:3-7: Does not use the other person to satisfy sexual lust.

Ask volunteers to share their personal views about the kind of relationships they want to have with the three questions. Based on the passages above, some suggestions for how a Christian guy/girl relationship would be different from a non-Christian girl/guy relationship are: they try not to go too far sexually, they respect each other physically, they put the other person first, they don't use each other. The girls may come up with other differences not listed here.

Your value as a person comes from God

Read the section about our value coming from relationship with God. Ask three volunteers to look up the three verses and read them one at a time. Give the opportunity for the girls to comment if desired and then ask them to share their views on pressure to have a boyfriend and how they can help each other to deal with that pressure.

Ask the girls to answer the question about how to have good relationships with the opposite sex. Some suggestions are: maintain your other relationships, don't be alone in a place where you can be tempted to go too far sexually, date only Christians.

Go through the seven scenarios and ask the girls to offer their advice. You should also feel free to offer advice. If time is limited you may like to select only those scenarios that are most relevant to your group.

getting active

Helping each other

Ask volunteers to share how to be different as a result of what has been studied today and how they can help take the pressure off the need for a boyfriend.

In addition you may like to talk about the guys in the youth group and how the girls can treat them well.

let's pray

Pray for the three points listed. Also ask the girls to share some other matters for prayer.

stay tuned

Next week we will look at modesty and what God has to say about how we present ourselves.

Encourage the young people to use the personal bible reading plan including learning the memory verse. You may like to offer a prize next week to all who can recite the memory verse.

starting out * leader's notes:

modesty©

See if anyone used the personal bible reading plan from last week. Ask them to share about what they read. Ask them if they have other tips to add to the list on page 17 on relationships with the opposite sex.

Check to see if anyone can recite the memory verse from last week (Philippians 2:4). See leader's notes on Boyfriends for ways to review). You may like to have a prize for everyone who can say it.

let's get started

1. Ask each of the girls to share about what they are wearing by answering the three questions. Be prepared that if they have come straight from school they may be wearing uniforms.
2. Ask the girls to circle True or False to the four statements then discuss their answers. If you have time left over at the end of the study you may like to return to these questions to see if they think differently on any point.

going deeper

Beauty must come from within

Ask a volunteer (or two) to read **1 Peter 3:1-6**.

What does this passage teach us about the way we are to dress? We are not to rely on our outward appearance.

Ask the girls to share why they find it tempting to rely on outward appearance and why they think it is wrong. What is of great worth in God's sight is our character (verse 4). If our hope is in God (verse 5) we will want to do what pleases him and not what pleases others.

Ask the girls to talk about their feelings about people who are beautiful on the outside but not the inside by answering the two questions on the subject.

Make sure the girls understand the difference between dressing to look physically attractive and relying on our outward appearance. Ask them to share occasions they may like to dress nicely. Some examples are: a formal occasion, a party, your wedding day. They may differ in their opinions about when you do not need to dress up. Some examples are: a day at home, casual dinner with friends, going to school, camping or doing outdoor activities.

Ask a volunteer to read **Proverbs 31:30** and give examples of what it means for a Christian girl. Some suggestions are: we work on our Christian character, we are not obsessed with fashion, we don't look down on others because of their clothing or outward appearance.

Dressing with modesty

Ask a volunteer to read 1 Timothy 2:9-10

What is this passage teaching women about the way we are to present ourselves? Modesty here is described as decency and propriety. What must be obvious about us is our character and behaviour.

Ask the girls to come up with a list of what clothing is considered modest. They can do this individually or collectively. They can be specific (i.e jeans, t-shirts) or general (i.e. clothes that cover cleavage, clothes that are not see-through). Discuss each item as to whether it qualifies as modest (why/why not?).

Ask the girls if there are clothes they think a Christian girl should not wear. Some considerations: Clothes that are not too revealing, some clothing that is too tight, see-through clothing can sometimes show too much, some suggestive language printed on clothes can be inappropriate for a Christian.

What impression can a girl give to a guy when she wears revealing clothing? Ask the girls their opinions and then share your own. Some suggestions: a girl can send the message that she is sexually available, is desperate for a guy, is available to any guy who asks, is not interested in a serious relationship. It can also suggest she has a low opinion of herself.

It is important to teach girls that guys are affected by what girls wear. In this regard they can become a stumbling block to guys and lead them to think or do things that they shouldn't. As Christians we want to avoid leading others into temptation.

Ask the girls to share the advice they would give to a girl trying to attract a guy through what they wear. Some things to consider: they may attract a guy who will just want to use them, they may not attract the kind of guy that will care for them, if the relationships they have are based on outward appearance only it probably won't last.

getting active

Helping each other

Ask the girls to share practical ways they can help each other with modesty and what they may need to do differently.

let's pray

Pray for the two points listed. Also ask the girls to share some other matters for prayer.

stay tuned

Next week we will look at honouring God in the way we speak about others and avoiding the problem of gossip.

Encourage the young people to use the personal bible reading plan including learning the memory verse. You may like to offer a prize next week to all who can recite the memory verse (Proverbs 31:30).

starting out * leader's notes:

GOSSIP[©]

See if anyone used the personal Bible reading from last week. Ask them to share about what they read.

Ask them if they have other tips to add to the list on page 23 on dressing modestly.

Check to see if anyone can recite the memory verse from last week (Proverbs 31:30). See leader's notes on Boyfriends for ways to review). Some other ways to review the memory verse could be to play some memory verse games. (A helpful resource for some fun ideas is the chapter on memory verses from Creative Christian Ideas for Youth groups by Ken Moser). You may like to have a prize for everyone who can say it.

let's get started

1. Ask the girls to circle their answers to the question "What is gossip?" and then discuss their answers. This is your opportunity to define what gossip is. All six examples listed can be defined as gossip.
2. Ask the girls to check the boxes that describe what they do when people around them gossip. Ask volunteers to share what they would like to be able to do differently.

going deeper

Controlling our tongue

Ask a volunteer to read **James 1:26**.

Ask the girls to share what this verse says about a person who gossips. This verse seems to indicate that you cannot claim to be a strong Christian but have no control over your words

Allocate some volunteers to read James 3:3-12.

Why is the tongue powerful? (v. 5-6) The impact that our words can have on others can be powerful for good or bad. It can corrupt our whole lives.

What is the trouble we have with our tongues? (v. 7-8) We cannot tame it or control it.

Why must we control our tongues? (v. 9-12) We make ourselves hypocrites if we praise God with our tongues and then speak badly of those around us. Our words show what we are really like inside.

The problem with gossip

Ask the girls to write what they think the following verses teach about why gossip is wrong.

Below are some suggested answers:

Proverbs 11:13 we make ourselves untrustworthy to others when we reveal their secrets.

Proverbs 15:4 our words can crush a person's spirit.

Proverbs 16:28 gossip causes problems and splits up friendships.

Ask the girls to discuss the three questions about gossip. Some important points to note:

Gossip is a negative word and so is never described as something that is OK to do. There are times when you have to share a friend's secret with another to bring help or protection to that friend. That is not classified as gossip.

Gossip can embarrass and hurt people and ruin reputations. There is nothing positive about it.

It is always tempting to gossip because it can give us power and control. We also sometimes fear that if we don't join in then we might become the victims of gossip.

getting active

Helping each other

Ask the girls to answer the questions about helping each other practically when it comes to gossip.

Some suggested advice: avoid people who gossip; don't join in when others gossip; when someone says they are going to tell you something that they shouldn't, stop them from telling you; if your group of friends are Christian then perhaps point out that what is being said is gossip and that they should change the subject; learn to keep each other's secrets. These include harmless topics such as what boy a girl likes or secret hopes they have. Those secrets that are not considered harmless, (like violence in the home, self harm, illegal activities etc.) will require a good friend to break the secret for the safety and help of the person who shared them.

let's pray

Pray for the three points listed. Also ask the girls to share some other matters for prayer.

stay tuned

Next week we will look at self-esteem and how we should view ourselves in light of our relationship with God.

Encourage the young people to use the personal bible reading plan including learning the memory verse. You may like to offer a prize next week to all who can recite the memory verse (Ephesians 4:29).

starting out * leader's notes:

Self esteem[©]

See if anyone used the personal Bible reading from last week. Ask them to share about what they read.

Ask them if they have other tips to add to the list on page 29 for controlling the tongue.

Check to see if anyone can recite the memory verse from last week (Ephesians 4:29). You may like to have a prize for everyone who can say it.

let's get started

What do you think?

Ask the girls to read the six statements and place a cross on the line to indicate how much they agree or disagree with each one. One by one read each statement and ask the girls to share their answers. These questions are all what they think about other people's views. When you have finished ask them to place a cross on the line for the personal question about how they feel about themselves. Only ask volunteers to share this answer and perhaps ask them why they answered the way they did.

going deeper

What are we worth?

Allocate readers to read **Psalm 139**.

What does this Psalm tell us about how well God knows us? (v. 1-4) God knows every single thing about us. Ask the girls to give specific examples from these verses.

What do verses 7-12 tell us about God? God is everywhere (the technical word is "omnipresent"). We cannot hide from him, he cannot lose us.

What do the following verses from this Psalm tell us about ourselves?

v.13 we are created by God.

v.14 we are created exactly how God wants us to be and it is wonderful.

v.15-16 we are created by God and all the days of our lives were planned by God.

Why do you think the person who wrote this Psalm is so angry with the people who hate God and misuse his name? (v.17-24) When the writer understands how amazing God is and how intimately God knows him, he is angry with the people who speak badly about him (v. 20) and hate him (v. 21). They show by their words and actions that they have no idea how great God is.

Ask the girls to share what the Psalm teaches them about our worth as humans as well as their worth as individuals. Some suggestions are: God created every detail about us; he

knows us intimately; we are created with care and attention; God knows everything about us; God is not distant but involved in our lives.

Continue to add to this list with the following New Testament verses. Here are some suggested answers:

Luke 12:22-23 and 31 Our lives are more important than what we own so trust God to take care of the things we need and don't worry. See also verse 24 we are more valuable than the birds which God provides for.

2 Corinthians 5:16-18 We are a new creation through Jesus and reconciled with God through him.

Galatians 2:20 Jesus loved us and gave his life for us.

1 John 3:1 God has lavished his love on us and made us his children.

What makes us special?

Ask the girls to share what they believe the world teaches about what makes a person special. Ask them to think of what the world values in a person (i.e. intelligence, beauty, physical fitness, talent etc.). One suggestion is to have some magazines available and ask the girls to share what they highlight.

Ask a volunteer to read **John 3:16**.

What does the Bible say makes us special? It is God's love for us that makes us special. It is important to note that it is not anything about ourselves that makes us lovable to God. In fact, we were his enemies because of our sin. It is God's unconditional love through Jesus that makes us his children (1 John 3:1).

Ask the girls to share ways they can trust what God says about their self-worth instead of trusting what the world teaches about their self-worth. Some suggestions are: avoid particular magazines, TV shows or other media if it is influencing your self-worth; study the Bible on your own and with your friends for a healthy view of your self-worth in Christ; as a group, commit yourselves to speaking to each other in ways that build up a self-worth in Christ rather than focussing on what the world values.

getting active

Helping each other

Help the girls to apply what they have learned to their relationships within the group by asking the two questions. Help them to understand how to value each other because of the sisterhood they have through Christ and not because of appearance, talents or other superficial reasons. The example of Jane may have covered many of these reasons already, however help the girls set some good patterns for the group as a whole.

let's pray Pray for the two points listed. Also ask the girls to share some other matters for prayer.

stay tuned Next week we will have another great Bible study! If the girls are old enough continue next week with the bonus study on driving. If not you may like to keep this study for a one-off study at a more suitable time (i.e., when most of them have driver's licences). Encourage the young people to use the personal bible reading plan including learning the memory verse. You may like to offer a prize next week to all who can recite the memory verse (1 John 3:1).

Other recommended resources for your youth ministry:

Small Group Bible Studies

Starting Out Volume #1

By Ken Moser

Starting Out Volume #2

By Ken Moser

Young Men

By Ken Moser

Studies 2 Go

By Julie Moser

More Studies 2 Go

By Julie Moser

RESOURCES FOR LEADERS

Programs 2 Go

By Ken Moser

Changing the World through Effective Youth Ministry

By Ken Moser

Creative Christian Ideas for Youth Groups

By Ken Moser

Youth Evangelism: Reaching Young People in a Way that Honours God

By Ken Moser



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