

My Epic Adventure

EVENT PLANNING GUIDE



GIRLS MINISTRIES EVENT



INTRODUCTION

When you go on a journey, there are certain things that you need. God calls us to go on an epic adventure with Him. That can be scary unless you have the right guide and equipment. When we walk with God, He makes us brave and strong.

Be strong in the Lord and in his mighty power. Put on all of God's armor. Ephesians 6:10–11 NLT

During the Girls Ministries Event, girls will go on an epic adventure discovering all that God has for them. They will explore the armor of God and the purpose of each piece of this armor. They will learn how they can use it every day to live boldly for Jesus.

Girls will also learn about our Coins for Kids/BGMC missions project: Rural America Ministries (RAM). The goal of RAM is twofold: to help to start a church in rural communities that do not have one and to provide resources for existing rural churches.

Here are a few things your girls can look forward to at this event:

- **Fun:** A big part of the girl's event is for girls to enjoy being together and making new friends.
- **Outreach:** This event is a great time for your girls to invite their friends. New girls will see how much fun Girls Ministries activities are. In turn, they will invite other friends to your next event. Most importantly, this is an opportunity to introduce girls to a relationship with Jesus.
- **Giving:** Developing a heart of compassion for others is an important trait to teach the girls. They can learn to give beyond themselves to those less fortunate.

This planning guide is full of details and suggestions that can be customized to fit your event.

We look forward to hearing about your event!

The Girls Ministries Team

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The theme for this year's Girls Ministries event is My Epic Adventure. This *Event Planning Guide* for My Epic Adventure is designed to be adaptable for a variety of uses in your church. Choose from the options listed or adapt your own.

Epic Day Event

Sample Schedule:

- 10 a.m.–3 p.m. if you choose to include lunch
- 1 p.m.–5 p.m. if you want to offer snacks only.

Epic Overnight Event

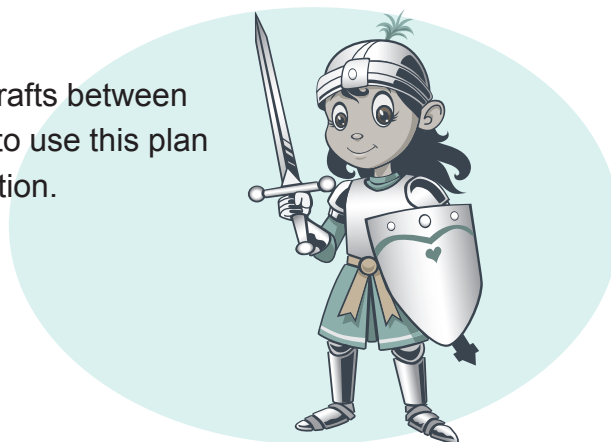
Sample Schedule:

- 7 p.m.–8 a.m. include snacks in the evening and breakfast in the morning. Finish the morning of the event with music and a morning craft.

Epic Four-Week Event

Sample Schedule:

- Divide the sessions and crafts between four weeks if you choose to use this plan for a midweek evening option.





DECORATIONS

Using decorations will help to build excitement and help create an atmosphere for the girls to be involved in the epic event.

Making decorations is a great way to get moms and other women involved before the event. Gather a few supplies such as cardboard boxes, cardboard, felt, paint, markers, plain butcher paper, scissors, beads, and anything else you have. Don't hesitate to ask for donations.

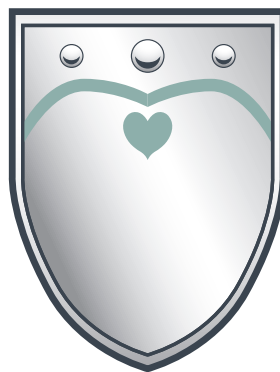
Check out the National Girls Ministries Pinterest page for more decorating, food, music, and invitation ideas.

Create a photo booth where girls can have their pictures taken with medieval costumes, plastic swords, scrolls, toy bow and arrows, and shields.

Also check out ngm.ag.org/Events for *Station Signs*,* *Invitations*, and *Event Posters*.

RECRUITING HELP

Don't miss the opportunity for others to be blessed through ministering to girls at your event. Below are a few ways to involve other leaders. Many churches find it beneficial to use girls from the youth ministry in leading activities such as crafts, snacks, and games.



- Registration
- Supplies Shopper
- Offering Counter
- Setup and Cleanup Team
- Chaperones
- Food Prep and Servers
- Station Leader
- Prayer Team and more!

*Items in *italics* are available
at ngm.ag.org/Events



AN EPIC EVENT

Preparation and prayer are the keys to a successful event. Here are a few things that need to be done prior to the event.

- Decorate the spaces for each session.
- Gather toy pieces of armor or make them from cardboard. Write the name on each piece.
- Hide the pieces of armor in the corresponding session room.
- Write the Scripture verse on a large piece of butcher paper and roll both ends together, like a scroll. Tie with a piece of string or yarn.
- Prepare a scroll for each session that includes the message from Bella the Brave for the leader to read.
- Prepare snacks.
- Make a playlist of songs for the event. You can send the playlist to the girls before the event to build excitement.
- Above all else, pray! Pray for each of your leaders, helpers, and volunteers. Most of all, pray for the girls who will be attending the event. Pray that they come to realize that all they need is found in Jesus. He will make them brave and strong.

Epic Songs for the Event

“See a Victory” – Elevation Worship

“Champion” – Bethel Music

“Unstoppable God” – Elevation Worship

“Goodness of God” – Bethel Music

“Living Hope” – Phil Wickham

“Who You Say I Am” – Hillsong Worship

“Reckless Love” – Cory Asbury

“This Is Amazing Grace” – Phil Wickham

“Mighty to Save” – Hillsong Worship

“Lion and the Lamb” – Leeland

“Surrounded” – Michael W Smith

Note: Select songs with lyrics the girls can understand.



MY EPIC ADVENTURE RESOURCES

What's available for this year's Girls Ministries event?

Here are fun and helpful features that are available for this theme.

My Epic Adventure T-Shirt:

Leaders and girls can have a lasting reminder of their epic adventure. Shirts can also serve as a witnessing tool.



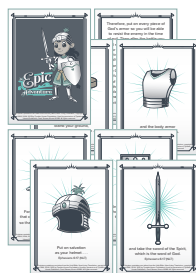
My Epic Adventure Drawstring

Backpack: This backpack will be a great way for the girls to collect items during the event as they go on their adventure.



My Epic Adventure Armor of

God Cards: Girls will collect a card as they journey through the stations on their epic adventure. Girls can use cards as bookmarks to remind them to be brave and strong with God's help.



My Epic Adventure Canvas

Craft Banner: Girls will create a banner that identifies them as part of the special army of God.



My Epic Adventure Vinyl

Sticker: Use on a notebook, laptop, or mirror to remind girls of the power they have from the Word of God.



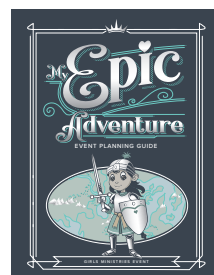
My Epic Adventure Badge:

Award to each girl as she completes the Epic Adventure.



What's in this Planning Guide?

The *Event Planning Guide* includes ideas for making the event a fun, spiritually rewarding experience. Activities are planned so that it will be an event girls won't forget. The event is most successful when leaders customize activities to the specific interests and abilities of girls in their local church. Feel free to adapt these



ideas to the regional and cultural needs of your church or for girls who may have special needs.

What do I need to know about child safety?

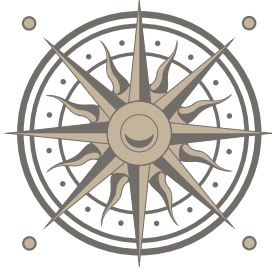
Protecting children is of the utmost importance. All churches need to screen volunteers and put in place policies to ensure safety for those participating in church activities. To learn more about protecting children from predators and other potential safety risks, visit the Assemblies of God official site for legal matters pertaining to the church.

Ag.org/Legal-Matters.

*Items in **bold** are available from MyHealthyChurch.com. Order early!

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REGISTRATION

Set aside an area at the entrance to welcome the girls and handle registration. You'll need a place to collect permission slips, any money being collected, and girls' Coins for Kids/BGMC offering.

You Will Need

- **My Epic Adventure T-Shirts*** for girls/leaders
- *Name Tags** (1 for each girl/leader)
- Extra permission slips (for girls who forgot theirs)
- Treasure chest to collect girls' Coins for Kids/BGMC offering

Getting Ready

- Recruit parents to count the Coins for Kids offering.
- Plan to open the doors early for girls who come before the scheduled starting time.

As Girls Arrive

- Give each girl a *Name Tag* and a **My Epic Adventure T-Shirt**.
- Receive any money being collected for the Coins for Kids/BGMC offering.
- Count the offering and report the total to your district Girls Ministries office.

Check-In

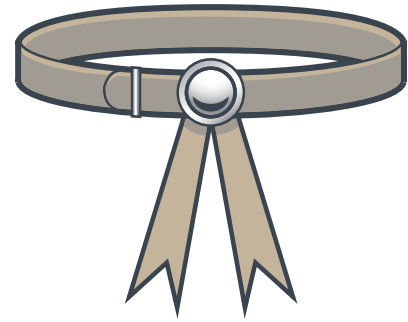
Assign volunteers to be at the main entrance to greet the girls as they arrive. These leaders should be prepared to handle all permission slips, money being collected, Coins for Kids/BGMC offering, etc. Other volunteers could show girls where to put their personal items and direct them to the service area.

*Items in *italics* are available at ngm.ag.org/Events.

*Items in **bold** are available from MyHealthyChurch.com.
Order early!

EPIC ADVENTURE

***Be strong in the Lord and in his mighty power.
Put on all of God's armor. Ephesians 6:10–11***



Opening Session: Belt of Truth

Items needed for this session:

- Large scroll with memory verse written on it, rolled up and tied with string
- Slips of paper with one word of the memory verse written on each slip. Place in a **My Epic Adventure Backpack***
- Belt with the word “Truth” written on it
- **Armor of God Card—Belt of Truth,*** one per girl
- 3 copies of the skit – one per character (see skit for props list)

Welcome

You need a large room for the girls to start their adventure, listen to the skits, and participate in worship. As you start the event, welcome the girls, and give any needed instructions, rules, and information that the girls might need. Be sure to introduce the leaders and helpers who are leading the event.

Worship

Lead the girls in a time of worship. Encourage leaders, helpers, and the girls to enter in. Choose music that is related to the armor of God, fighting battles, victory, and being strong.

Memory Verse Game

**Be strong in the Lord and in his mighty power. Put on all of God's armor.
Ephesians 6:10–11**

Have two girls unroll the memory verse scroll and show it to the group. Everyone can say the memory verse together.

Learning the memory verse should be fun. Try these ideas for making the memory verse easier to learn.

Say the verse in different voices.

- Knight (deep voice, imaginary sword raised)
- Princess (high, sing-song voice, with a princess wave)

Assign a word of the verse to each girl. Then have the girls try to line up in verse order. This can be repeated as time allows using different girls. Challenge the girls to see how fast they can move to the right order.

OPENING SKIT: BELLA THE BRAVE



Characters

Leader 1: Adult leader who might be giving directions or helping to run the event

Leader 2: Adult or teen leader or helper

Bella the Brave: Adult or teen dressed in medieval-style clothing. She should carry a sword (foam or plastic one would work if a better option is not available) and a scroll. If possible, the character could use a British accent.

Props

- Bella's costume
- Sword for Bella
- Scroll with clue written on it
- Belt with "Truth" written on it (hidden)

(Leader 1 is on stage, going over the memory verse with the girls, when Leader 2 enters.)

Leader 2: Excuse me, (Leader 1's name), I have been listening to you say the memory verse with these girls, and I have a question. Maybe you and the girls could take a minute and help me?

Leader 1: Of course, (Leader 2's name), we'd be glad to help you. Wouldn't we girls?
(Allow response.) What is your question?

Leader 2: Well, I have been listening to you say over and over again that we need to be strong, but what if I don't *feel* strong? Times have been tough! I've got some hard things going on in my family, and even more hard things going on with my friends. Everything in the world seems to be constantly changing, and if I listen to the news to see what's going on, I get really stressed! The whole world seems to have gone crazy, my family is going through a lot, I've got friends who are falling apart, school [or work, etc.] is hard and *I just don't feel strong!*

Leader 1: Wow! That's a lot of feelings you have there! *(To girls)* Do any of you have any of the same feelings as our friend here? *(Allow response.)* I think most of us can understand feeling overwhelmed by life, can't we?

Leader 2: Yes, I feel very overwhelmed! Sometimes, I even wonder if God really cares. Maybe I'm not good enough for Him to love.

Leader 1: I think we can also all relate to the feeling of not measuring up. We may wonder if we're valuable and worthy of love, especially when things aren't going well in our life.

Leader 2: (*loudly*) I'm glad I'm not the only one who's ever felt this way, but is there a solution? What's a girl supposed to do in a crazy world like this?

Bella the Brave: (*entering the room, speaking loudly and with authority*) Never fear, I have come!

Leader 1: Well, hello. I don't think we have met. Please, come and join us! May I ask who you are, Miss?

Bella the Brave: Thou mayest!

Leader 1: (*short pause*) Uh, okay, I am (Leader 1's name) and this is (Leader 2's name). And you are?

Bella the Brave: I am Bella the Brave! I have come from a far-off land just in time to rescue this fair lady (*motions toward Leader 2*) from her torment.

Leader 2: Me?

Bella the Brave: Yes, my lady! I have heard your cries of "What is a girl to do?" I have come to offer a solution to your most perplexing situation!

Leader 2: What?

Leader 1: She's saying she wants to help you with your problems!

Leader 2: Oh! I'm sorry! I didn't get that.

Leader 1: Do you really think you can help (Leader 2's name)?

Bella the Brave: With my assistance, you shall prevail as victor in the battle for your existence!

Leader 2: I shall what?

Leader 1: I think she's saying she wants to help you win at life.

Bella the Brave: (*holds head high, gazing off into the distance*) Being a brave warrior, I will undertake to lead you on a quest forthwith, to aid you in finding the protective armor needed to secure your victory against the lies of the evil one.

Leader 2: Armor? For what? What's a quest? What lies of the evil one?

Bella the Brave: We shall go on this quest and find pieces of armor. The pieces of armor shall represent the very armor of God!

Leader 1: I think Bella the Brave is on to something here. A quest is a journey, an epic adventure! Everyone say, "Epic adventure." I think today will lead us to some amazing discoveries. I think we'll discover why we need to be ready to battle these

“lies of the evil one” too. How about it, (Leader 2’s name), shall we join Bella the Brave on an epic adventure?

Leader 2: What do you think, girls? *(Allow response.)* All right, let’s do it!

Bella the Brave: Valiant leaders, mighty young warriors, have no fear! *(raises her sword in the air)* Soon, we shall set out on a journey to collect the armor of God! We will be victorious through the power of Almighty God! *(loudly)* Victory is ours!

Leader 2: This is exciting!

Bella the Brave: *(hands Leader 2 a scroll)* I must depart to make preparations for the journey, but thou shalt see me soon. The scroll contains guidance to begin the quest. I will see thee anon.

Leader 2: You will see me what?

Leader 1: I think that means she’ll see us later. Thank you, Bella the Brave!

(Bella exits.)

Opening Session: Wrap-Up

(After Bella leaves, Leaders 1 and 2 read the following text from the scroll given to them by Bella)

SAY: I am thrilled that you are about to embark on this epic adventure! You will go on a journey, a quest to find six objects that represent the armor of God! You will need your backpack as you begin your epic adventure. The first object is in this very room. *(Give each girl a **My Epic Adventure Drawstring Backpack.**)*

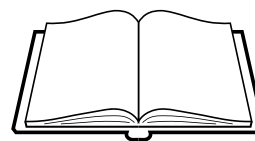


Your clue:

I wrap completely around you. I surround you at your waist. I am held in place with a buckle or clasp. Your sword may not be at your side if you do not have me. What am I?

(Leaders 1 and 2 should lead the girls in solving the riddle. Then depending on the size of your group, allow several volunteers or the whole group to search for the “Belt of Truth.” If this goes too long, give the girls hints until the belt is discovered.)

DEVOTION: THE BELT OF TRUTH



Holding the belt, read **Ephesians 6:10–14**.

A final word: ***Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.***

Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth.

SAY: We are beginning an adventure to discover the full armor of God that the Bible talks about in these verses. God has given us armor, like warriors wear, so that we will be able to stand against any lies the enemy may throw at us. (Leader 2's name) was sharing some struggles that many of us face. The devil, or as Bella the Brave said, "the evil one," often tries to get us to believe things about ourself and others that are not true.

That is why the very first piece of God's armor we need is the belt of truth. We need God's truth to protect us from lies. Here are some lies you might hear:

- I'm not good enough.
- I have no value.
- No one cares about me.
- I can't do what God is calling me to do.
- I will fail.
- God doesn't love me.
- can't do anything right.

These are just some of the lies that the devil will throw at us to try to keep us from doing all the amazing and wonderful things God has planned for us. But girls, the Bible says in 1 John 4:4 that *"the Spirit who lives in you is greater than the spirit who lives in the world."*

The truth that we find in God's Word, the Bible, says that when Jesus died on the Cross, He took the punishment of our sin on Him. (Galatians 3:13). When we ask Him to forgive us for the wrong things we've done, our sin is forgiven and wiped clean. That means:

- You are good!
- You have value!
- Someone cares deeply for you!
- You can do what God has called you to do.
- You are so loved!
- You can do what is good and right and holy!

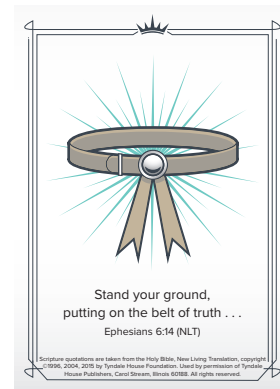
(As you speak, wrap the belt around your waist.) We need to surround ourself with God's truth, just like a belt surrounds our waist. We need to surround ourself with the truth of the Bible. We need to surround ourself with friends who speak truth to us. We need to listen to pastors and leaders who speak God's truth to us.

When the warriors of old put on their armor, they needed a belt. The belt allowed them to hang their sword and other weapons at their side. That's what God's truth does for us! Everything in our life hangs on God's truth.

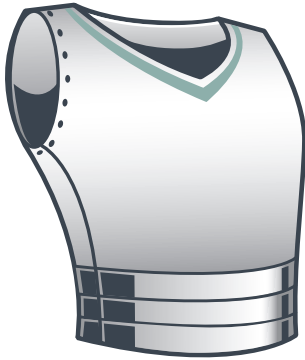
As we continue our journey, you will be searching for five other pieces of armor. Each piece is important. Just remember that we must start with believing the truth of God's love for us.

- Hand out an **Armor of God Card–Belt of Truth** to each girl.

Wrap-up: If you are dividing the group into smaller groups that will travel to the different stations, do so now. If everyone is staying together, rotate to the next station.



Station 1: The Righteous Region (Breastplate of Righteousness)



The setting for the Righteous Region could be a classroom or other area decorated with a medieval theme. Somewhere in the room, hide a toy or cardboard breastplate that has been labeled with the word “Righteousness.”

Items needed for this station:

- Plastic or cardboard breastplate with the word “Righteousness” written on it
- Scroll with message from Bella written on it
- **Armor of God Cards—Breastplate of Righteousness**, one per girl

The station leader should greet the girls as they arrive and read the following message from Bella the Brave on a scroll.

SAY: You have arrived at the Righteous Region! Somewhere within this region, a piece of God’s armor can be found. Go, my brave young warriors, seek and find it. Here is your clue: In battle, you should always wear this for I protect what is most vulnerable. I am the protector of hearts.

The station leader should guide a discussion with the girls to help them discover that they are to look for the body armor (often called “breastplate”) of righteousness. Allow the girls to seek and find the breastplate. Then gather them together to read **Ephesians 6:13–14**:

Therefore, put on every piece of God’s armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God’s righteousness.

SAY: This piece of God’s armor is simply called “body armor” or the “breastplate of righteousness.” This piece of armor is crucial for anyone fighting in a battle because it protects one of our most vulnerable places, our heart.

So what does God say we need to protect our heart? (*Allow response.*)

Righteousness, which means “right living.” This doesn’t mean that we are always

right and never make a mistake. It means we can live a good, pure, holy life through the power of Jesus. Our righteousness, our ability to live right, comes from Him.

Give each girl an **Armor of God Card—Breastplate of Righteousness.**



Decorate the banner with scraps of fabric, ribbons, markers, or gems. Then you can hang it in your room to remind you of the wonderful family you belong to.



Craft: Coat of Arms Banner

Supplies needed:

- **Canvas Craft Banner**, one per girl
- Scissors and glue
- Ribbon, scrap fabric, markers, adhesive gems, adhesive letters

A coat of arms is the arrangement of symbols, colors, and shapes on a shield. It is used to identify families or individuals who are like you. The coat of arms is placed on armor, flags, and banners.

Every coat of arms is unique to the group wearing it. God has made you unique too. We are going to create our own coat of arms to help identify us as a part of God's army.

Station Wrap-Up

The station leader should gather the girls around her.

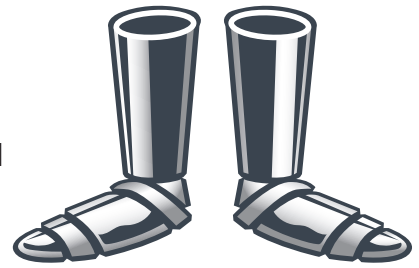
SAY: It is time for you to continue on your adventure! As you go, remember that God has protected your heart by giving you the power to live a good, pure life, making the right choices and living according to His Word.

Let's say the memory verse as you leave.

Be strong in the Lord and in his mighty power. Put on all of God's armor.
Ephesians 6:10–11

Station 2: Peace Pass (Shoes of Peace)

The setting for the Peace Pass station could be a classroom or even a hallway decorated with a medieval road sign saying, “Peace Pass.” It could point to a paper mountain on the wall. Before the event, hide shoes labeled “Peace” in the area. Gather any Coins for Kids promotion materials you might want to use. You may also choose to show a Coins for Kids promo video at this station.



Items needed for this station:

- Shoes with the word “Peace” on them
- Scroll with the message from Bella
- Any Coins for Kids/BGMC materials you need (**Boxes, Promo Cards, Faith Promise Cards**, and videos found at ngm.ag.org)
- **Armor of God Cards—Shoes of Peace**, one per girl

The station leader should greet the girls as they arrive and read the scroll’s message from Bella the Brave:

SAY: You have arrived at Peace Pass! Somewhere within this region, a piece of God’s armor can be found. Go, my brave young warriors, seek and find it.

Here is your clue: This protects two parts of you! They get you where you need to go!

The station leader should guide a discussion with the girls to help them discover that they are to look for shoes of peace. Allow the girls to seek and find the shoes. Then gather them together and read **Ephesians 6:13–15**:

Therefore, put on every piece of God’s armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God’s righteousness.

For shoes, put on the peace that comes from the Good News so that you will be fully prepared.

Say: This world needs the peace that only God can give! Our feet should be ready to take the good news that Jesus gives us peace to others. We should go into our school, neighborhood, and home to tell people what Jesus has done for us. We can also take the news of Jesus to others by giving to missions. One way to do that is through Coins for Kids/BGMC.

Missions

Coins for Kids/BGMC Focus:
The Good News

And how will anyone go and tell them without being sent? That is why the Scriptures say, “How beautiful are the feet of messengers who bring good news.” Romans 10:15

SAY: We can help people around the world or right here in the United States through BGMC and Coins for Kids.

Our missions project this year is Rural America Ministries (RAM). The goal of RAM is to help start churches in rural communities that do not have one and help provide resources for the existing rural churches.

Use promotional materials and/or a Coins for Kids/BGMC promotion video and challenge the girls to reach others through missions.

For resources check out:

ngm.ag.org/Topics-Resources/Resources/Coins-for-Kids



Get Ready Shoe Game

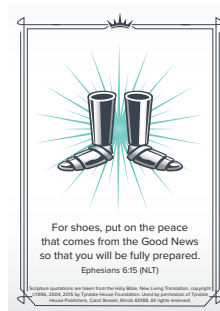
Divide the group into two or three teams depending on the size of the group. Have everyone throw their shoes in a pile. Then have girls sit single file by team (2 or 3 rows) around the circle of shoes.

When the leader says, “Go,” the first girl in each line must grab a shoe and pass it down their row. When the shoe reaches the girl it belongs to, she must put it on. When her shoe is on, the first person grabs another shoe and repeats the process. If the shoe doesn’t belong to anyone in the line, it gets passed back to the front and thrown back in the pile. The team tries again. The team wins when all the girls find and put on both of their shoes.

SAY: Let’s say the memory verse before we pray and give our offering.

Be strong in the Lord and in his mighty power. Put on all of God’s armor.
Ephesians 6:10–11

- Give each girl an **Armor of God Card—Shoes of Peace.**



Station Wrap-Up

The station leader should gather the girls around her.

SAY: It’s time to continue on your epic adventure! As you go, remember to take the good news of Jesus to those around you and around the world. You are living proof of the good news of Jesus.

Station 3: Faith Field (Shield of Faith)



The setting for the Faith Field Station could be a church gymnasium, a large room, or outdoors. It should be held in an area that is large enough to play an active game in. The wall could be decorated with paper drawings to look like a field of wheat or corn. Before the event, hide a shield somewhere in the room. This could be a toy shield, or one created from cardboard or foam. It should have the word “Faith” written on it.

Items needed for this station:

- Plastic or cardboard shield with word “Faith” on it
- Scroll with message from Bella on it
- Cardboard shields, lightweight balls, painter’s tape or cones for the game
- **Armor of God Cards—Shield of Faith**, one per girl

When the girls arrive, the station leader should read the following message from Bella the Brave written on a scroll:

SAY: You have arrived at the Faith Field. Somewhere in this field, an item of great importance has been hidden. Here is your clue:

I am your protector! When faced with the fiery darts of the evil one, you can use me to protect yourself.

The station leader should guide the girls in discovering that the item they are searching for is the shield of faith. Allow the girls to search for and find the shield, and then ask them to sit on the floor around you.

Read **Ephesians 6:13–16**:

Therefore, put on every piece of God’s armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God’s righteousness.

For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.

Hold up the shield for the girls to see.

SAY: In God’s armor, faith is our shield. Faith is believing in God, even when we don’t see Him. It’s trusting Him when we are afraid or we feel unworthy. It’s trusting in the truth of God’s Word. When we say, “I believe You, God,” we are raising our faith to protect us, like a shield. *(Raise the shield in front of you for a few seconds.)* When the devil throws lies and trouble our way, our faith in God protects us.

Game: Shield of Faith

Items needed:

- Shields (toy or shield made of card – board or foam, enough for half of the girls in the group)
- Balls (lightweight or soft balls, like beach balls, ball pit balls, wiffle balls, or foam balls)
- Border line on the floor using painter's tape, cones, or spray paint
- Smartphone or timer

To Play:

Divide the group into two teams.

Let each team come up with a team chant/battle cry.

Team A stands on one side of the border line with the shields. Team B stands on the other side of the line, stepping back about ten paces, with access to the balls. Set the timer for three minutes. When the timer starts, Team B's goal is to get as many balls as possible across the border line. Team A's goal is to deflect the balls from landing on their side by blocking the balls with only their shields. Any ball that lands on Team A's side must remain there untouched until time runs out.

Team B may pick up deflected balls and throw them again.

When the time is up, count how many balls are on Team A's side of the line. Then allow the teams to switch sides and play another three-minute match. The team who had the fewest balls on their side after using the shields to

deflect is the winner. Repeat as time allows.

Station Wrap-Up

The station leader should gather the girls around her.

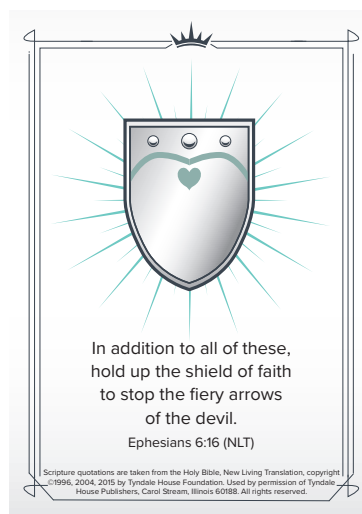
SAY: Just as we used the shields to keep the balls away in the game, our faith in God will protect us from believing the lies of the enemy. Remember this as your epic adventure continues.

Let's say the memory verse together.

Be strong in the Lord and in his mighty power. Put on all of God's armor.

Ephesians 6:10–11

- Give each girl an **Armor of God Card—Shield of Faith**.



Station 4: Salvation Stronghold (Helmet of Salvation)

The setting for the Salvation Stronghold Station could be an area decorated like a fortress or castle. Before the event, hide a helmet labeled “Salvation” in the area.

Items needed for this station:

- Plastic helmet with the word “Salvation” on it
- Scroll with message from Bella on it
- *ABCs of Salvation*
- **Armor of God Cards–Helmet of Salvation**, one per girl
- ***Now What? for Kids–Salvation*** booklets



When the girls arrive, the station leader should read the following scroll message from Bella the Brave:

SAY: You have arrived at the Salvation Stronghold. A stronghold is a fortress or a strong castle that is not easy to overtake. In this stronghold, a piece of God’s armor is hidden for you to find.

Here is your clue: Your thoughts, dreams, and ideas are very important. This protects the part of your body that contains them all!

The station leader should lead a discussion to help the girls discover that they will search for the helmet of salvation. Allow the girls to search for and find the helmet. The station leader should then gather them around her and read **Ephesians 6:13–17**:

Therefore, put on every piece of God’s armor of so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God’s righteousness.

For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet.

SAY: We hear the words *saved* and *salvation* a lot when we come to church. What do they mean? What are we being saved from? (*Allow response.*) We are being saved from our sin! The Bible says in Romans 3:23 that *everyone* has sinned and falls short of God’s standard or requirement.

But what is sin? Simply put, sin is doing things our way instead of doing things God’s way. Sin is the bad stuff that makes Godsad. Sin may be something like disobeying your parents, lying to your teacher, arguing with your brother or sister, or stealing from your friend. Romans 6:23 says, “For the wages [payment or punishment] of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.” The first part of the verse sounds scary. The good news is that the second part of the verse offers us the hope and truth that we can have. God made a way for us to have life with Him forever.

Ask the girls if any of them would like to be saved. Share with them the *ABC's of Salvation*. Lead them in a prayer of salvation.

- Give each girl an **Armor of God Card – Helmet of salvation**, and a **Now What? for Kids–Salvation** booklet.

Closing Skit: Bella the Brave

(Leaders 1 and 2 are on stage)

Leader 1: Well, (Leader 2's name), how was your epic adventure?

Leader 2: It was . . . *(she is interrupted by Bella the Brave)*

Bella the Brave: *(entering, speaking loudly)* Have no fear! I am here!

Leader 2: Bella the Brave! I'm so glad to see you again! I was hoping to get to tell you thank you! You see, I don't have fear, at least, not anymore! It's still a crazy world, but I have God's armor to protect me now!

Leader 1: But you aren't wearing any armor! Is it pretend armor?

Bella the Brave: No, my lady! The armor our friend has now acquired is quite real, though it remains unseen in the natural world.

Leader 2: It's in what world?

Leader 1: I think she means it's sort of invisible. It's real, but it's spiritual armor, so we don't see it with our eyes.

Bella the Brave: *(loudly)* Yes!

Leader 2: Bella, thank you so much. I have my belt of truth to keep me from falling for the lies of the evil one. I have a breastplate of righteousness, because God helps me make right choices. I have shoes that help me spread the good news of the peace of Jesus to others. I also have a shield of faith to protect me from doubts. And I have the helmet of salvation to guard my mind because I invited Jesus to be my Savior!

Bella the Brave: This is wonderful! You are now ready to search out the last piece of armor!

Leader 2: There is more?

Bella the Brave: Yes. Alas, I have another adventure to embark on, so I must make haste!

Leader 2: You must make haste?

Leader 1: Haste! She means she is in a hurry and has to leave.

Leader 2: Oh! Well, thank you so much for coming!

Bella the Brave: *(hands Leader 2 a scroll)* Here is your final clue! Fare thee well!

(Bella exits.)

Leader 2: What?

Leader 1: She means goodbye! *(Both leaders call out goodbye as the skit ends.)*

Station 5 (Sword of the Spirit)

Before this session, hide a toy or cardboard sword labeled “Word of God” in the room.

Items needed for this station:

- Toy or cardboard sword with the words “Word of God” on it
- **Armor of God Cards—Sword of the Spirit**, one per girl
- **My Epic Adventure Vinyl Sticker**, one per girl
- **My Epic Adventure Badge**, one per girl

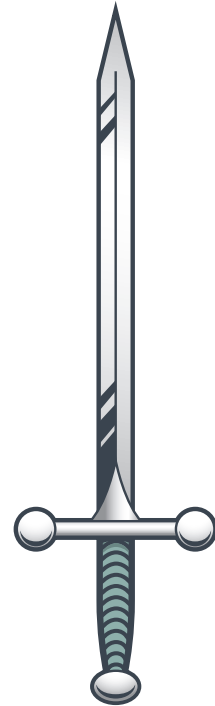
After the skit, read the last scroll aloud to the girls.

SAY: We are in a real battle with the evil one, but with God on our side, we have no need for fear! The last piece is not only a means of protection, it is a weapon!

Lead the girls in solving the riddle. Then, depending on the size of your group, allow several volunteers or the whole group to search for the “Sword of the Spirit, which is the word of God.” If this goes too long, give the girls hints until the sword is discovered. Then gather the girls and read Ephesians 6:13–17.

Therefore, put on every piece of God’s armor of so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God’s righteousness.

For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

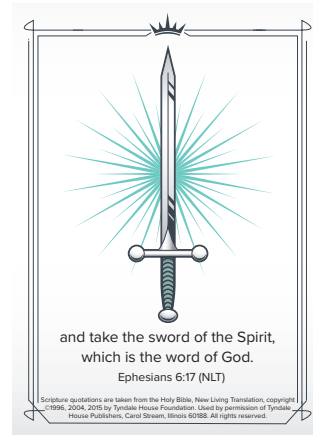


Station Wrap-Up

The station leader should gather the girls around her.

SAY: When the enemy comes against us with lies, fears, or doubts, we can fight back using the Word of God! We can quote the Bible and remind the devil that we are strong, courageous, and brave because of Jesus. Philippians 4:13 says, “I can do all this through him who gives me strength.” That includes things like going on this epic adventure.

Give each girl a **My Epic Adventure Vinyl Sticker** and an **Armor of God Card—Sword of the Spirit**.



SAY: Let's say our memory verse one more time.

Be strong in the Lord and in his mighty power. Put on all of God's armor. Ephesians 6:10–11

Closing Session

After the girls say the memory verse, provide a fun atmosphere in the room. Play music and have leaders circulate and ask the girls how they enjoyed their epic adventure. Provide any final instructions, thank the volunteers and helpers, and announce how much was raised for Coins for Kids/BGMC. Pray for the girls and thank them for coming along on the epic adventure.

Award the **My Epic Adventure Badge** to each girl completing the journey.





EPIC EXTRAS

We want everyone who attends your event to have an epic time. Here are a few options for games that you can adapt for different ages or use as extras for your event.

Human Tic-Tac-Toe

Set up nine chairs, three rows of three chairs. Divide the group into two teams: the X team and the O team.

Alternating teams, have the girls run up to the leader and whisper the memory verse. If a girl gets the verse right, she sits in a chair and holds her arms above her head in the shape of her team's letter. Alternate the teams until there is a winner. This game can be repeated as time allows.

Armor of God Balloon Pop

- Lots of balloons
- Slips of paper with a single word of the memory verse written on them

Roll the slips up and place one in each balloon. Blow up the balloons with a slip inside and a lot of extra balloons. Place them all over the room.

For the game, the girls will run to grab a balloon. They must pop their balloon. If it has a word from the memory verse, the girl should stand at the front of the room. Girls with a word slip should stand in the correct order of the verse. Have everyone say the verse together.

Helmet, Belt, Sword, Shield – Shoe

Divide the group into teams of two. One girl in each team should take off her shoe and place it on the floor between them.

The leader will call out either “Helmet,” “Belt,” “Sword,” or “Shield” in no particular order. Each girl must point to her head (helmet), hands on hips (belt), arm up (as if holding a sword), or arm crossed (over her body like holding a shield) as the piece of armor is named. The leader should go faster and faster as she calls out the parts of armor.

Finally, the leader calls out “Shoe.” Whichever girl grabs the shoe first is the winner. Winners team up with other winners, while the others sit to the side and cheer. Repeat until you are down to one team and there is a winner.



EPIC EXTRAS continued

Armor of God

- Aluminum foil roll – one for each team

Divide the group up into teams of five girls. Pick one person to be the “model.” Give each team a roll of foil. Set a time limit. Have the other members of the team create the armor of God pieces and dress the model. When time is up, have the models show their armor. Have fun and play some dramatic music during the show.

Sword Drills

- Two Bibles, one for each team

Divide the group into two teams.

Line up the girls, single file behind each other. Give the first girl in each line a Bible. Have a leader give a Scripture reference and then yell, “Charge!” The two girls will go head-to-head and look up the Scripture. The first girl to find the correct Scripture verse will read it out loud. When she finishes, those two girls move to the end of the line and the next two girls will complete the challenge. Repeat as desired.

Cheese Puff Attack

- Two shower caps, one for each team
- Two can of whipped cream, one for each team
- Several bags of puffed cheese balls
- Two chairs
- Smartphone or other timer

Each team should ask a volunteer to sit in the chair and wear the shower cap. On top of both shower caps, spray a generous amount of whipped cream.

Set a time limit for the game. When the timer starts, each team member should take turns throwing cheese puffs at the opposing team member’s head. Require the girls to stand an equal distance away from the girl in the chair. When time is up, the team who got the most cheese puffs to stick to their opponent’s head is the winner.



THE GREAT HALL

Overview

The time and length of your event will determine what kind of food will be served and when. Here are some ideas on how to incorporate meal/snack time into the theme.

Atmosphere

Set up The Great Hall with hanging banners and faux stained-glass windows. Line up the tables in rows. Cover with plastic tablecloths, and place baskets of rolls and fruit in the middle of the tables.

Main Course Ideas

- Hamburger Patty or Meatballs with Gravy
- Baked Potatoes with BBQ Beef
- Sandwich on a Stick



Side Ideas

- Cheese Cubes (use mini swords picks)
- Fresh Vegetables and Fruit
- Rolls

Sweets and Treats

- Pretzel Swords (pretzel rods dipped in melted chocolate)
- Sugar Cookies (cut into shapes that match the theme)
- Chessman Cookies (Pepperidge Farm)
- Ice Cream Cones Filled with Fruit
- Trail Mix (fuel for the journey)
- Dirt Cups



Drinks

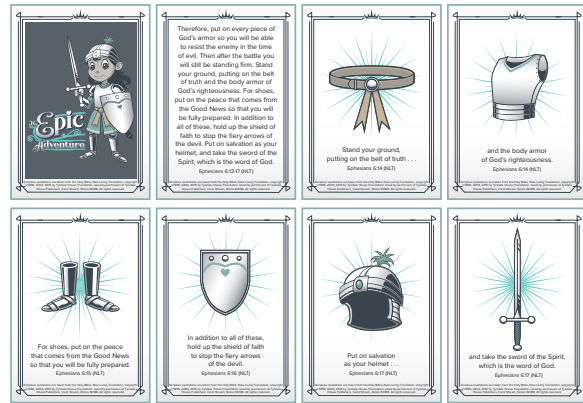
- Power Punch (grape juice, pineapple juice, and lemon-lime soda)
- Water (hydrate for the journey)



MY EPIC ADVENTURE PRODUCTS



My Epic Adventure T-Shirt



My Epic Adventure Armor of God Cards



My Epic Adventure Badge



My Epic Adventure Drawstring Backpack



My Epic Adventure Vinyl Sticker



My Epic Adventure Canvas Craft Banner



Coins for Kids Banner



Coins for Kids Promo Cards

Now What?
for Kids – Salvation



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MY EPIC ADVENTURE ASSETS

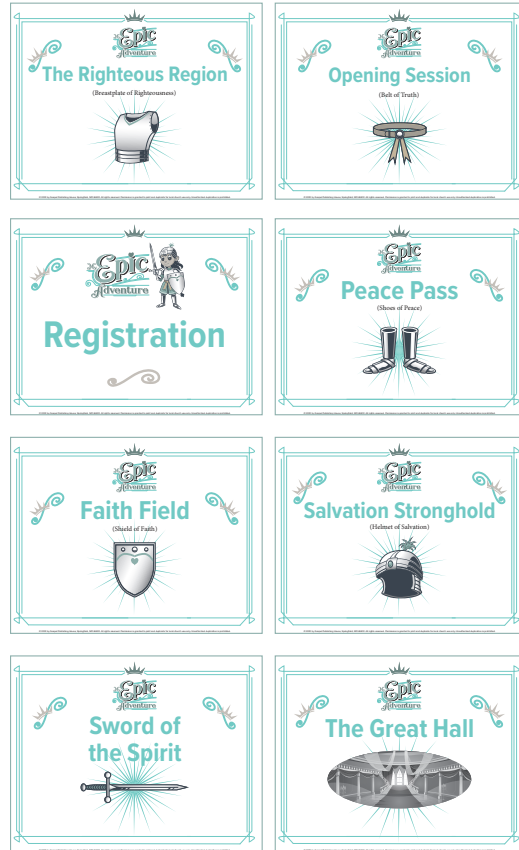
Download these My Epic Adventure assets to enhance and aid your event.



Event Posters



My Epic Adventure Invitations

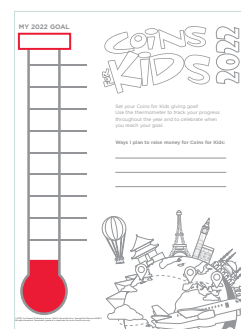


My Epic Adventure Session Signs

www.ngm.ag.org/EventResources



Coins for Kids Faith Promise Cards



Coins for Kids Faith Promise Coloring Sheet

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