

NATIONAL
GIRLS MINISTRIES

TEEN GIRL EVENT GUIDE

no longer
BOUND

JOHN 8:32

2025

THE TRUTH WILL SET YOU FREE

Welcome

Welcome to the "No Longer Bound" event! This fun and exciting event is designed to lead teen girls into a transformative experience, helping them break free from emotional, spiritual, and societal chains through the truth of Jesus Christ. The day is filled with meaningful worship, engaging breakout sessions, creative activities, and opportunities to respond to God's call.

Throughout this guide, you'll find step-by-step instructions, themes, and ideas to make planning effortless and the experience unforgettable. These can easily be customized to fit your event!

Girls will also learn about our missions project, Project Rescue. The goal of Project Rescue is to help provide resources needed to help rescue women and children from slavery and trafficking through the love and power of God. Project Rescue walks shoulder to shoulder with these courageous survivors on their journey toward a new, hope-filled future.

Let's partner together to see lives transformed as we celebrate the freedom found in Christ!

Theme Overview

Scripture Focus

"And you will know the truth, and the truth will set you free." John 8:32 (NLT)

Purpose

Spiritual Freedom: Teach girls to walk in freedom from sin, shame, and fear.

Identity in Christ: Help girls understand and embrace their God-given identity.

Empowerment: Equip them with tools to share their testimony and live boldly for Christ.

Mission Mindset: Inspire them to support Project Rescue and bring freedom to others.

Table of Contents

- Basic Schedule 4

- Decorations and Set-up 5

- No Longer Bound Merch 6

- Mission Focus: Project Rescue 7

- Schedule Breakdown
 - Registration and Pre-Service 8
 - Opening Service 9
 - Breakout Sessions 11
 - Lunch Break 12
 - DIY Activities..... 13
 - Closing Service 14

- Extras 15

Basic Schedule

9:00 AM - Registration and Pre-Service

Coffee/Drink Station

Photo Booth

Merch Store

10:00 AM - Opening Service

Game

Worship

Message

Altar and Prayer Time

11:30 AM - Breakout Sessions (30-minute Rotations)

Hearing God's Voice

Walking in Freedom

Identity in Christ

Sharing Your Story

Studying God's Word

12:30 PM - Lunch

1:30 PM - DIY Activities

Sugar Scrub

Friendship Bracelets

Painting Picture Frames

3:00 PM - Closing Service

Game

Worship

Message

Prayer/Celebration

Giveaways

4:30 PM - Event Dismissal

Decorations and Set-Up

Using decorations will help to build excitement and create an atmosphere for the girls to be involved in the whimsical garden theme.

Making/buying decorations is a great way to get moms and other women from your church involved before the event. Gather a few basic supplies and don't hesitate to ask for donations from people from your church. You can also gather the night before to set-up for the event and have fun with your sisterhood while doing so! Don't forget to make the breakout rooms cozy.

For the overall whimsical garden theme, colors, butterflies, flowers, and soft lighting will be perfect. Here are a few specific ideas for the event:

Overall Theme: Whimsical Garden

- Using pastel colors, butterflies, flowers, and Scripture banners around your lobby area and breakout rooms would help promote the theme
- Putting up a "Freedom Wall" where girls write down what they've been set free from would be a way to encourage vulnerability and walking in freedom
 - This can be done using sticky notes on a wall or hanging lines of string and using mini clothespins with colorful note cards.

Table Decor: Small vases with flowers and butterfly accents

- Your church might have small vases, votives, and candles you can use as centerpieces for tables. If not, take some leaders out on a fun thrift store adventure! You can find these items at almost any thrift store you go to.
- Baby's breath is a budget-friendly option if you would like to use flowers. It is simple, yet effective.

Lighting: Soft lighting with string lights or lanterns to create a peaceful atmosphere.

- String lights are beautiful and can be used in many different ways. Hang them from the ceiling, on the walls for a photobooth, or even laying them on the ground in the breakout rooms.
- Lanterns and candles (real or fake) will help create a peaceful atmosphere for your girls to enjoy as they are at the event.

Photo Booth: This will create a fun opportunity for your girls to get photos.

- Use backdrops with flowers, butterflies, or Scriptures.
- Use props such as signs with phrases like "Free Indeed", "Trans formed", and "Daughter of the King."
- Having a light at the photo booth and someone stationed there taking photos will make the experience even more exciting.

No Longer Bound Merch

What's available for this year's Teen Girl event? Here are fun and helpful items that are available for this theme and to help you create a No Longer Bound store.



Top left to right: **Crescent Bag \$14.99** 17MW8411 / **Pennant Flag \$5.99** 08MW9885
 Bottom left to right: **Sticker \$1.99** 14MW7186 / **Hair Scarf \$7.99** 08MW9884

Missions Focus: Project Rescue

The missions project for this year is with an organization called Project Rescue. The mission of Project Rescue is to rescue women and children who have been trafficked. They need people to come in and rescue them! They walk shoulder to shoulder with these courageous survivors on their journey toward a new, hope-filled future.

When you give to this missions project, you are giving the resources needed to allow these women and children to be rescued and to create a better future for them. Thank you for helping make a difference in the lives of these women and children!

During the opening session, we encourage you to take a moment to highlight Project Rescue. This will be an opportunity for the girls and leaders to learn more about the project they will be giving to. There is a promo video on the National Girls Ministries website that you can show to the girls to give them even more insight on Project Rescue. Find it at ngm.ag.org/Topics-Resources/Resources/Coins-for-Kids and look for “Project Rescue Set Free Promo Video.”

After showing the video, take a moment to receive an offering for Project Rescue. Speak about having a generous heart and pray over the organization and their missionaries. After taking an offering, have a few leaders count it and then announce the amount given at the closing session!

Schedule Breakdown: Registration and Pre-Service

Set aside an area at the entrance to welcome the girls and handle registration. You'll need a place to check in the girls, collect any permission slips, give each girl a name tag, and gather any money being collected for the event. You could also make a welcome gift bag for each girl with special treats. This personal touch will make them feel very loved.

Items needed at registration:

- Name Tag for each girl
- Extra permission slips (for girls who forgot theirs)
- Welcome bag supplies
- Water bottle
- Mints
- Candy
- Take-home devo
- Lotion
- Granola bar
- Whatever else you would like to include

Pre-Service Activities:

- Recruit parents and volunteers to be stationed at **registration** with smiles on their faces. These people will be the first ones to interact and welcome the girls, so make sure they know to be welcoming and loving! You can even use the decor ideas on page 5 to make the registration area look nice and welcoming.
- Plan to open the doors early if anyone arrives before the event start time. Keep fun, upbeat music playing in the background as the girls arrive.
- At the **coffee station**, offer free coffee, tea, and hot chocolate for the girls. Have someone stationed there to make sure all drink canisters and supplies, such as cups, lids, stirrers, creamers, etc, are stocked.
- For the **photo booth** (or multiple ones, if you have them), have a leader there to take pictures of the girls as they are posing with their friends.
- Before the girls arrive, have the **merch store** up and running. This store can include products from the No Longer Bound line or your own ministry's merch. Have a leader here handling the inventory and sales.
- Before moving to the opening service, play a 5-minute countdown to ensure a smooth transition.

Schedule Breakdown: Opening Service

Welcome and Game

- Include a fun and energetic welcome during this moment from the conference host or designated leader for this moment. Have them be excited and ready to get the girls hyped up!
- If you have any specific rules or announcements for your event, now is a great time to review them.
- Introduce the leaders and volunteers helping throughout the day.
- Do a quick run-through of the schedule for the day.
- It's time to play a game. Here is a game idea to get every girl involved:
 - **Rock, Paper, Scissors Train**
 - Each girl will find a partner and play rock, paper, scissors. Whoever loses that round will grab their winning partner's shoulders and follow them around as they search for a new partner who also won.
 - Repeat this process until there are two girls left with long trains of people behind them grabbing onto each other's shoulders.
 - Crown a winner and give a fun prize, such as a giveaway from the merch store or a different item you may have found.
- Before you give the microphone to the worship leader, invite all the girls to the front for worship and get them excited!

Worship

- Have a worship team come in and lead the girls in a time of worship. This can be one singer with one instrument or a full band. It does not matter. Have the worship leader encourage the girls and leaders that during this time, it is not about anyone else in the room, instead it is a time to spend with God.
- After the worship set, either have the worship leader pray and dismiss the girls back to their seats or have a designated leader do it.
- Here is a list of great songs you can include on a set list for this event, but if you have other songs your girls know better, feel free to use those instead:
 - FREE! by SEU Worship
 - Praise by Elevation Worship
 - This Is Freedom (Ain't No Rock) by The Belonging Co.
 - At The Altar by ELEVATION RHYTHM
 - Holy Forever by Bethel Music
 - All Hail King Jesus by Bethel Music
 - What A God by SEU Worship

Schedule Breakdown: Opening Service (continued)

Offering

- After the girls are back at their seats, play the “Project Rescue Promo Video” to inform them of the missions project for the year. This will be a great time to teach them about having a generous heart and to take up an offering for Project Rescue. Use buckets, bags, hats, or anything else you can find.

Message

- Now is the perfect time to really hit on the theme of “No Longer Bound,” which can be taken in many different directions. It truly will be up to you or your guest speaker on what you want them to speak on. If you were to speak on the theme, here are a few key points and an illustration idea you could use along with the theme verse of John 8:32:

- Jesus came to free us from sin and darkness.
- We don’t have to carry guilt, fear, or shame.
- Accepting Jesus means walking boldly in truth and freedom.
- Illustration idea:
 - Have a volunteer hold symbolic “chains” (ropes or paper chains) representing sin, fear, or shame. Cut the chains with scissors, symbolizing the power of Christ to set us free.

Altar and Prayer Time

- Before the altar call begins, invite the worship team back up to play some songs during the response. Create space for reflection with leaders available to pray individually with girls. This time is so special and so crucial, especially for girls who have never accepted Jesus. Let’s lead the way in response as leaders, too. These girls will be looking to you as an example.

Schedule Breakdown: Breakout Sessions

Breakout sessions are a great way to have discussion with the girls on specific topics. You can truly go as deep as you would like to encourage these girls to share their testimonies and stories. If you are able, encourage the girls to get into smaller groups and go to the breakouts they are interested in. You can do this segment in one of two ways: two 30-minute sessions or three 20-minute sessions. Totally up to you.

Here are a few breakout session ideas:

1. Hearing God's Voice

- Practical exercises: Journaling and silent prayer.
- Scripture: "My sheep listen to my voice; I know them, and they follow me." (John 10:27).

2. Walking in Freedom

- Teach how to identify lies from the enemy and replace them with truth.
- Include a hands-on activity where girls write down lies they've believed and shred them.

3. Identity in Christ

- Activity: Give each girl a mirror and affirming scripture stickers (e.g., "Fearfully and Wonderfully Made").
- Key Point: Identity comes from God, not social media or peers.

4. Sharing Your Story

- Guided writing prompts: "What has God set me free from?"
- Teach how vulnerability in testimony can inspire others.

5. Studying God's Word

- Introduce the SOAP method (Scripture, Observation, Application, Prayer).
- Include fun Bible study tools like highlighters and sticky tabs.

Place a leader in each room to lead the breakout and discussion. Have them encourage girls to ask questions whenever they would like. These breakouts are about them learning how to grow in their relationship with God and how to be No Longer Bound!

Also, it would help to create a cozy atmosphere in each room. Use lamps, candles, floor pillows, flowers, and string lights to make it warm and welcoming. You can also place extra Bibles and notebooks in the room for girls who may not have one.

Schedule Breakdown: Lunch

It's time to eat! This can be done in a few different ways. You can bring in a catered meal, boxed lunch, or ask some of the moms and grandmas in your church to come make a home-cooked meal for the girls.

Here are a few ideas for lunch:

- Sub sandwiches from Jimmy John's, Subway, Jersey Mikes, etc.
- Pizza from Domino's, Papa John's, Pizza Hut, Costco, etc.
- Chick-fil-A
 - You can order just the sandwiches and buy your own chips and cookies for the side, or you can buy a boxed meal for every girl.
- Homemade soup bar with salad
 - Invite a few ladies from your church to make their favorite homemade soup, bring it in a crock-pot, and provide salad, desserts, and drinks.
- Pasta bar
 - You can make one kind of noodle with a few different sauces. Provide salad, dessert, and drinks.
- Taco bar

To create a lively atmosphere, decorate the tables, play fun music, and encourage conversation. You could even put a list of "Get to Know You" questions at each table to break the ice.

Schedule Breakdown: DIY Activities

After the girls have eaten, guide them towards the area you will be doing your DIY Activities. You can choose to do anything you would like that suits your girls the best, but here are a few fun ideas that tie along with the theme.

1. Sugar Scrub

- Ingredients: Cane sugar, coconut oil, essential oils, and small jars.
- Each girl will need $\frac{1}{4}$ cup of cane sugar, $\frac{1}{2}$ cup of coconut oil, and whatever essential oil they pick to be their scent. They should use about ten drops of the oil. Some good oils to choose would be lavender, eucalyptus, or citrus.
- After giving them the ingredients, they can mix theirs in a bowl with a spoon or fork and transfer it to a small airtight container.
- To use the sugar scrub, massage a small amount into your skin in circular motions for twenty seconds. Rinse with water and pat dry. Keep this scrub at room temperature for up to two months.
- You can tie this activity to renewal in Christ: “God makes all things new.”

2. Friendship Bracelets

- This activity is pretty simple. You can purchase large packs of beads on Amazon or at Hobby Lobby. Sometimes those packs come with string, but buy some extra just in case. You can get colored beads, letter beads, little charms, and many more to help make these as personalized as possible. Remember to have scissors on hand to help the girls cut the string for their bracelet.
- Include beads with words like “Faith” or “Free.”
- Share how godly friendships strengthen freedom in Christ.

3. Painting Picture Frames

- Supplies needed: wooden picture frames, paint, brushes, and water.
- Purchase different color paints from Amazon or Hobby Lobby as well as brushes of all shapes and sizes. You will also purchase a pack of 4x6 wooden picture frames for the girls to paint. Remember to have water at each table so the girls can rinse off their brushes!
- Emphasize Ephesians 2:10: “We are God’s masterpiece.”

You can choose to do one of these or all three. It truly depends on your preference. Just be sure to have clear instructions for each activity and have leaders ready to help. Have fun!

Schedule Breakdown: Closing Service

Welcome and Game

- Open by wrapping up what you need to. Now is the time to give final announcements or important information.
- Let's play one more game. Here is an idea:
 - **Face the Cookie**
 - Invite five girls to the front to play this game. You will need Oreos (or your cookie of choice) and fun music.
 - When the music starts, the girls take one cookie and place it on their forehead. The goal is to move the cookie to the mouth without touching it. (This results in a ton of hilarious facial expressions and squirming.) If the player drops the cookie, they take another one and keep trying until one player wins. If your students are surprisingly skilled at this, play best two out of three.
- Before you give the microphone to the worship leader, invite all the girls to the front for worship and get them excited!

Worship

- Refer back to the list of songs on page 9.
- Your time for worship doesn't have to be as long now if you are wanting time at the end to do prizes and giveaways.

Message

- During this closing session, a great message idea would be about "Living in Freedom." You can focus on walking in this freedom through prayer, Scripture, and community. Take some time to really instill this in the girls. Give them practical steps for truly living in freedom so they can go home and do it on their own. That is what this event is all about!

Prayer and Celebration

- Have the worship team come up and do some altar music; but also eventually play some hyped up celebration songs. Invite girls to step forward if they want to commit or recommit to walking in freedom. Encourage ongoing connection through follow-up meetings or small groups. Remind them to share their stories with friends and family.

Giveaways

- Draw names from your registration list to win giveaways from the merch store.

Extras

Hair Scarf How-To

- If girls are confused on how to use the hair scarf, empower your leaders to teach them how to use it. Here are ways to wear it and use it:

- Tie it around the handle of a bag, purse, or backpack.
- Use it as a bandana on your head.
- Tie it around your ponytail.
- Use it as a third strand in your braid.
- Tie it around a belt loop on your pants.
- Fold it up to use as a headband.

To find a video showing these different ways, go to ngm.ag.org/Events/Teen-Girl-Event.