

NATIONAL GIRLS MINISTRIES EVENT

Set
Free

TWENTY TWENTY-FIVE



Butterflies are such unique creatures. Have you ever stopped to think about how beautiful a butterfly truly is? A butterfly emerges from the egg as a tiny caterpillar. As the caterpillar makes its way through the world, it begins to grow and discover the world around it. Eventually the caterpillar finds a place of rest. In the safety of its cocoon, a huge transformation begins. It is during this transformation that the caterpillar becomes a butterfly, breaks free, and begins to soar.

As we grow in our relationship with God, He can and will help us overcome the things we struggle with and the things that try to hold us down. As we discover God’s grace, His power, and His love in our life, we can truly be *Set Free!*

MEMORY VERSE

“And you will know the truth, and the truth will set you free.” John 8:32

During the Nationwide Girls Ministries Event, girls will experience a butterfly adventure and learn that when they turn to God, they can be set free from sin, negative thoughts, and the things that try to stop them from fulfilling God’s call for their life.

Girls will also learn about our BGMC 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.

HERE ARE A FEW THINGS YOUR GIRLS CAN LOOK FORWARD TO AT THIS EVENT

- * **Fun:** A big part of the Girls Ministries 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 girls. They can learn to give beyond themselves for those less fortunate.

This *Event 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

Set Free Event



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

SET FREE EVENT SAMPLE SCHEDULES

SET FREE ONE-DAY EVENT

SAMPLE SCHEDULE (SATURDAY OR DAY OUT OF SCHOOL)

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

SET FREE OVERNIGHT EVENT

SAMPLE SCHEDULE (TWO DAYS/OVERNIGHT EVENT – FRIDAY EVENING AND SATURDAY MORNING)

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

SET FREE FOUR-WEEK EVENT

SAMPLE SCHEDULE: FOUR MIDWEEK EVENINGS EVENT

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

Set Free Event

Basic Schedule: 1 Day Event

TIME	ACTIVITY	HOST	LOCATION
2:00–2:30	Registration		
2:30–3:15	Opening Session		
3:15–3:45	Station Rotations: The Cocoon		
3:45–4:15	Station Rotations: The Garden		
4:15–4:45	Station Rotations: The Pond		
4:45–5:15	Station Rotations: The Sky		
5:15–5:45	Station Rotations: Caterpillar Café		
5:45–6:30	Closing Session		
6:30–7:00	Check Out		
7:00–Finish	Clean Up		

FOR LARGER GROUPS

Divide into smaller groups and have girls rotate to different stations in their small group.

Basic Schedule: 2 Day Event



TIME	ACTIVITY	HOST	LOCATION
5:30–6:00	Registration		
6:00–6:45	Opening Session		
6:45–7:15	Station Rotations: The Cocoon		
7:15–7:45	Station Rotations: The Garden		
7:45–8:15	Station Rotations: The Pond		
8:15–8:45	Station Rotations: The Sky		
8:45–9:15	Station Rotations: Caterpillar Café		
9:15–10:00	Closing Session		
10:00–10:30	Bedtime Prep Lights Out		
7:30–8:00	Rise & Shine Pack Up		
8:00–8:30	Breakfast		
8:30–9:00	Check Out		
9:00–Finish	Clean Up		

FOR LARGER GROUPS

Divide into smaller groups and have girls rotate to different stations in their small group.

DECORATIONS

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

Making decorations is a great way to get moms and other women from your church involved before the event. Gather a few basic supplies such as cardboard boxes, paint, markers, butcher paper, balloons, scissors, 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 for the *Set Free* event.

The names of the rotations can also help aid in the types of decorations. Make sure to create butterflies to hang in the rooms.

DECORATION EXAMPLES

- ✔ **The Cocoon:** Create a cozy room with beanbag chairs, colored circle carpets, and lamps for softer lighting. Set up several prayer points around the room.
- ✔ **The Garden:** Hang flowers from the ceiling and place them around the room.
- ✔ **The Pond:** Decorate with lily pads, ducks, etc.
- ✔ **The Sky:** Hang paper clouds around the room or balloon clouds from the ceiling.
- ✔ **Caterpillar Café:** Create a giant caterpillar outside the door for the girls to see as they enter. On the tables, you can use flowerpots decorated with caterpillars and butterflies.

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 teen girls from the youth ministry in leading activities such as crafts, snacks, and games.

- ✔ Registration Team
- ✔ Supplies Shopper
- ✔ Offering Counters
- ✔ Setup and Cleanup Teams
- ✔ Chaperones
- ✔ Food Prep and Servers
- ✔ Station Leaders
- ✔ Worship Team
- ✔ Prayer Team and more!



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

Set Free Event Tips

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 items and clothes that mimic a garden and butterflies.
- ✔ Prepare snacks.
- ✔ Make a playlist of songs for the event. You can send the playlist to the girls before the event to help 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 will come to realize that all they need is found in Jesus. He will show them how special they are and what their purpose is. In Jesus is where we find freedom.

SET FREE EVENT PLAYLIST

- 🎵 “Prison Doors” Life Church Music
- 🎵 “Break Every Chain” Jesus Culture
- 🎵 “In the Name of Jesus” JWLKRS Worship & Maverick City
- 🎵 “No Longer Bound (I’m Free)” Maverick City Music
- 🎵 “Firm Foundation (He Won’t)” Maverick City Music
- 🎵 “Believe for It” CeCe Winans

Note: Select songs with lyrics the girls can understand.

SET FREE RESOURCES

WHAT'S AVAILABLE FOR THIS YEAR'S GIRLS MINISTRIES EVENT? HERE ARE FUN AND HELPFUL ITEMS THAT ARE AVAILABLE FOR THIS THEME AND TO HELP YOU CREATE A *SET FREE* STORE!



SET FREE YOUTH T-SHIRT **\$12.99**
Heavyweight 100% cotton tee. Periwinkle with white *Set Free* art on left chest; butterflies and John 8:32 fill the back.
Youth S 08MY9886, Youth M 08MY9887, Youth L 08MY9888, Youth XL 08MY9895



SET FREE LONG-SLEEVE T-SHIRT **\$19.99**
Heavyweight 100% cotton long-sleeve tee. Light pink with dark pink *Set Free* artwork on left chest; butterflies and John 8:32 fill the back.
S 08MY9889, M 08MY9890, L 08MY9891, XL 08MY9892, 2XL 08MY9893, 3XL 08MY9894



SET FREE DRAWSTRING BAG **\$4.99**
Black nylon drawstring bag features pink *Set Free* butterfly art on front. 15" w x 18" h 17MY8414



SET FREE JOURNAL **\$5.99**
Light purple cover with cream lined pages. 5.5" x 8.25" 17MY8415

SET FREE RESOURCES

WHAT'S AVAILABLE FOR THIS YEAR'S GIRLS MINISTRIES EVENT? HERE ARE FUN AND HELPFUL ITEMS THAT ARE AVAILABLE FOR THIS THEME AND TO HELP YOU CREATE A *SET FREE* STORE!



SET FREE BADGE

\$1.09

Features *Set Free* butterfly art and pink embroidered edges. 1 1/8" diam. 15MY1603



SET FREE STICKER

\$1.99

Butterfly-shaped vinyl sticker with the *Set Free* art. Your girls will want to put them on their lockers, notebooks, water bottles, etc. 2.25" x 3" 14MY7187



SET FREE BUTTERFLY PEN

\$2.49

Raspberry pink with silver glitter effect. Plus the cute butterfly on top will make this pen your girls' favorite. 5.5" in length. 16MY7236



SET FREE WATER BOTTLE

\$7.99

Clear pink plastic water bottle has screw-off lid with handle. Features the *Set Free* butterfly art on the front. BPA free. 20 oz. 17MY8413



WHAT'S IN THIS PLANNING GUIDE?

The *Event Planning Guide* includes ideas for making the event a fun and spiritually rewarding experience. Activities are planned so that it will be an event girls won't forget.

This 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 the safety of those participating in church activities. To learn more about protecting children from predators and other potential safety risks, visit the Assemblies of God's official site for legal matters pertaining to the church: AG.org/Legal-Matters.



Registration



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 permission slips, give each girl a *Name Tag*, and gather any money being collected for the event along with girls' Coins for Kids/BGMC offering.

ITEMS NEEDED

- ✔ **Set Free T-Shirt** for each girl/leader
- ✔ *Name Tag* for each girl/leader
- ✔ Extra permission slips (for girls who forgot theirs)
- ✔ Bucket to collect girls' Coins for Kids/BGMC offering
- ✔ **Set Free Drawstring Bag** for each girl/leader
- ✔ **Set Free Water Bottle** for each girl/leader

GETTING READY

- ✔ Recruit parents to count the Coins for Kids offering.
- ✔ Plan to open the doors early before the scheduled start time.

AS GIRLS ARRIVE

- ✔ Give each girl a *Name Tag*, **Set Free Drawstring Bag**, **Set Free T-Shirt**, and a **Set Free Water Bottle**.
- ✔ 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 and direct them where to go. If possible, make sure these volunteers are wearing a **Set Free T-Shirt!**

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



Items in **bold** are available from MyHealthyChurch.com.

Set Free Event



SET FREE

When girls arrive, create a fun atmosphere for them. Play fun music in the background to help create excitement for the girls. Registration can be set up and decorated with flowers, greenery, butterflies, lanterns, and electric candles to help create the feeling of walking into a garden. Girls can be given a **Set Free Drawstring Bag** and some other *Set Free* accessories.

As girls arrive check in, provide fun activities to keep them occupied. Some examples include pipe cleaners, origami papers, beads and string, scratch-off butterflies, butterfly sticker sheets, and flower building toys. You can even set up a *Set Free* store and sell *Set Free* merch. Have leaders stationed at each table to help monitor and create excitement for the service about to begin!

TRANSITION

Play the *5 Minute Countdown Video* and have the girls clean up their areas around the room. Have girls gather for Opening Session.

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



Items in **bold** are available from MyHealthyChurch.com.



Opening Session

GETTING READY

ITEMS NEEDED

 *Set Free Promo Video*

WELCOME

If possible, open by showing the *Set Free Promo Video*.

SAY: Welcome to this year's Nationwide Girls Ministries Event! We're so excited to have each of you with us for a time of fun and connecting to God and each other! This year we are talking about what it means to be *Set Free*, and we are going to make room for God to do some big things in our lives.

(If there are rules or announcements for your event, now is a great time to review them. Introduce the leaders and helpers who are present.)

WORSHIP

Lead the girls in a time of worship. Encourage the girls and leaders that during this time it is not about anyone else in the room, but it is a time to spend with God. Encourage the girls by telling them how much God loves them and has a plan and purpose for their lives. Let them know that they can turn to God anytime day or night and He will always be there.

SAY: As we come to God, we can talk to Him about anything going on and He truly does care about even the little things in our life. When we sing in worship and raise our hands, it's a time for us to sing praises to God and trust in Him. We learn to allow ourselves to make space and listen for God's voice to help lead us and guide us. We learn to thank God for helping us overcome things we are struggling with as we worship and give those things over to Him.

(Choose songs from the previous list of songs your girls know.)

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Memory Verse Introduction



GETTING READY

ITEMS NEEDED

- ✓ Whiteboard
- ✓ Dry-erase markers
- ✓ Construction paper butterflies
- ✓ Tape
- ✓ *Set Free* Stickers

PREP NEEDED

Write the Memory Verse on the whiteboard.

MEMORY VERSE

**“And you will know the truth, and the truth will set you free.”
John 8:32**

LEADER: Welcome friends to our *Set Free* event! We are so excited that you are here with us today. Today, we’re going to look at one of my favorite insects and that’s a butterfly. They are beautiful creatures that God created and they can teach us so many things.

This board has our Memory Verse on it. I’m going to read the verse and have you repeat it after me. (*Read the verse and have girls repeat.*)

Great job! Now, I need some help. I have some butterflies here and I need someone to cover up one of the words and see if we can say the verse again. (*Call on a girl to cover one word with a butterfly and tape it to the whiteboard. Then have the girls read the verse again after you*)

Great job girls! I need a few more volunteers to cover up more words. (*Keep going until all the words are covered. You can change up the way they say the verse, such as they must flap their arms like a butterfly and fly around the room while saying the verse.*)

Girls, you did an amazing job today being butterflies and learning our Memory Verse. We have a special sticker for anyone who can say our Memory Verse to a leader! (*Hold up the **Set Free Sticker***).

You can find a leader later and say the Memory Verse to her to earn your sticker.

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Memory Verse Activity Ideas

MEMORY VERSE WORKOUTS

Show the *Memory Verse Slide* and review the verse with the girls.

Before the event, encourage leaders to brainstorm ideas for their group of girls to come up with hand motions to say the memory verse. Examples: You could look up some of the words and teach the girls the verse in sign language. For the phrase “and you will know,” they can use their index finger to point to their head.

Give the girls a few minutes to work together with their leader and then have each group present the Memory Verse with actions to the group.

GETTING READY

ITEMS NEEDED

✂ Construction paper butterflies, 8 per team

PREP NEEDED

Write the words of the Memory Verse on construction paper butterflies. You will need eight (8) butterflies for each team. You can give each team a color that matches the color butterfly their team will collect.

BUTTERFLY UNSCRAMBLE

Break up the words like this:

“And you **will know** the truth, **and the truth will set** you free.” **John 8:32**

Have the girls form teams. Assign each team a color butterfly. You can have as many teams as you would like. The girls line up in a straight line and compete in a relay race down to where all the butterflies are. Have all the butterflies mixed in a pile on the other side of the room. The girls will have to fly like a butterfly down to the pile of butterflies, find a butterfly that matches their team color, and then fly back to their team. When the first girl gets back, the next girl goes, and so on. The first team to collect all their butterflies and stand in a line with the words in order wins.

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



GETTING READY

CHARACTERS

Leader

Petunia: She is dressed up as a gardener. She really loves plants and wants to plant her first garden. She is a little over-the-top and has a hard time following instructions. She has a **Set Free Drawstring Bag** that she is using to carry her plant supplies in.

LEADER: Hello friends! Wow, you girls have done such a great job with our Memory Verse! I am so proud of how you have worked together. I'm super excited that each one of you is here today. We're going to learn some interesting things about butterflies today. We also will be learning about . . .

PETUNIA: *(comes running in and interrupts the leader)* Hi, there friends! My name is Petunia, and I am so excited to be here with you! I love plants, like any kind of plants. I think plants are amazing and I want to plant my very first garden. Do you want to help me? *(Encourage the girls to cheer that they want to help.)*

LEADER: Hi, Petunia! I'm glad you can join us today. I just wasn't expecting you to come out here right now. I was kind of in the middle of something.

PETUNIA: Eh! You can talk to the girls later. This is my time now and I need their help.

LEADER: You need help? What can we do to help?

PETUNIA: Well, you see, I have a dream of creating my very own garden. I love butterflies and plants and being outdoors. I want to create a garden that butterflies will come to, and I have no clue where to start. I have some supplies with me that the guy at the plant store suggested that I buy. And some instructions. *(Pulls out instructions from the bag.)*

LEADER: Okay, well I'm sure we could help you. Do you mind if I see the instructions? *(Take the instructions from Petunia.)* Okay, Step 1. Make sure you have all supplies. Well, Petunia, let's see if you have all the supplies that you need. *(Petunia pulls out the supplies as the Leader calls them out.)* You will need a pot, some dirt, some seeds, a shovel, and some water.

PETUNIA: *(Proceeds to pull out a bunch of other supplies.)* And jelly beans!

LEADER: Petunia, why do you need jelly beans?

PETUNIA: Haven't you seen where you put a jelly bean in the dirt and then the next day a sucker appears? That would be *epic!*

LEADER: Petunia, I don't think that's what happens.

PETUNIA: Okay, well, what is next?

LEADER: Well, it says next that you must take the flowerpot and fill the pot with dirt.

PETUNIA: Okay, take the water and pour it onto the jelly beans. Got it.

LEADER: No, no, no! That's not what I just said.



Skit continued



PETUNIA: It isn't? Well, that's what I want to do. So, does it really matter if that's the next thing I do?

LEADER: Petunia, the reason why you must put the dirt in first is because when you plant the seeds, the seeds need to be planted in the dirt. The dirt will help the plants to grow.

PETUNIA: But I really, really, really want to plant jelly beans and grow suckers!

LEADER: Petunia, I get that, but jelly beans are not going to grow. They aren't a seed. The instructions are super important for you to follow so you will be able to grow a garden.

PETUNIA: Okay. *(Takes the dirt and puts it into the flowerpot.)* What's next?

LEADER: I'm proud of you for making that choice. Next, it says you must take the seeds and plant them into the dirt. *(Hands Petunia some of the seeds.)*

PETUNIA: I have an idea! What if instead of planting the seeds, I throw them everywhere and see what happens?

LEADER: Petunia, that wouldn't be a good idea at all. In fact, that idea would literally create chaos and waste time.

PETUNIA: Oh . . .

LEADER: Petunia, these instructions will help you be able to plant those seeds and help your garden flourish. But, if you don't follow them, then nothing will happen. You will just have either a mess of water-soaked jelly beans or seeds scattered everywhere. But no flowers.

PETUNIA: So, I need to follow the instructions to plant the seeds to grow the flowers?

LEADER: Yes. You see, the instructions help you and guide you. Do you know these instructions remind me of the Bible and how God gave us His Word to give us wisdom in life? There are instructions in it for how we are to live. When we try to do things on our own, we get off track from what God wants for us. But it's never too late to start over. Would you like to try and start the instructions over again on planting the seeds?

PETUNIA: I would love that! Would you come with me and help me?

LEADER: Sure, I would love to. Let's gather up all our things, and we can head back and work together.

PETUNIA: Thank you, friend!

LEADER: Anytime. *(Turns to girls.)* Girls, I'll be back soon. I'm going to help Petunia. But I'll see you in a bit. *(Walks off stage with Petunia.)*

Items in **bold** are available from MyHealthyChurch.com.



Set Free Devotion

GETTING READY

ITEMS NEEDED

- ✔ **Set Free Stickers**
- ✔ *Scripture Cards* (one per girl)
- ✔ Personal Bible for leader
- ✔ Bible for each girl
- ✔ Heavy blocks or weights

PREP NEEDED

Print copies of the *Scripture Card*, one per girl.

Put a bookmark in your Bible at John 8:32 so it will be easy to find quickly. If your Bible is a different version than the NLT Memory Verse, you might want to put the NLT verse on a sticky note in your Bible.

SAY: Girls, thank you for being here with us during this event. I want you to know that we have been praying for each one of you and believe that God is going to do some big things in your life while you are here.

So, I have a question for you. Our theme together is *Set Free*. Before we go further, can anyone tell me what that means to you? (*Allow responses.*) Those are all great ideas and I appreciate you sharing.

Let's open our Bibles and read our Memory Verse together. I know all of you girls will be able to memorize this verse during our time together and earn your special **Set Free Sticker**. Our Memory Verse is found in John 8:32, but let's also look at verse 31 just before it. As we turn there, is the Book of John found in the Old Testament or the New Testament? (*New Testament*) Good job!

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free." John 8:31-32

Let's break these verse down. First Jesus was talking to His followers, "people who believed in Him." He said, "You are truly my disciples" to people who were already following Him.

The word *disciple* means that you are follower of Jesus. That means you have asked Jesus to forgive you for the wrong things you have done and to come into your life. You have asked Him to forgive your sins and you believe that Jesus died on the Cross and rose again. You are choosing to follow Him. You are choosing to follow and live for God.

That verse goes on to say, "if you remain faithful to my teachings." As we read the Bible, we can learn what God says about how we should live and about who He is.

Does anyone know where we find God's teachings? (*Allow responses.*) Yes, that's right. In the Bible! The Bible is so important to us because it is God's Word for us. When we spend time reading and studying God's Word, we learn how God wants us to live. In God's Word, we find out about how much God loves us, His plan for our life, how we are to treat others, and so much more. As we spend time in our Bible, we learn the truth about who God is and that helps us to stand against sin, temptation, and lies.

In Ephesians 6:17. we learn that the Bible is the "sword of the Spirit." God gave us His Word as a powerful weapon to help us overcome temptation and fight back. There is a thing called sin that tries to creep into our life. Sin is anything that separates us from God. This could be lies, stealing, cheating, hurting others, and anything we do that is not what God wants for us. It's when we are disobeying God. The Bible tells us that "everyone has sinned; we all fall short of God's glorious standard" (Romans 3:23). That means all of us struggle with sin. That's why we need to be in the Word of God to help us.

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Set Free Devotion continued

The next verse in John 8 is our Memory Verse and it continues, “And you will know the truth, and the truth will set you free.” When you know what God’s Word says, it will help you overcome temptation.

It’s kind of like this. I need a volunteer to come up and help me. (*Select a volunteer to come to the front and assist.*) Sin tries to hold us down from becoming all that God wants to become and prevent us from having a relationship with God. My volunteer here is going to show us what this looks like. She tells lies in school and cheats on some tests (*hand her a block to hold*). Then she starts talking back to her parents and being disrespectful (*hand volunteer another block to hold*). Next, she starts watching and listening to things that she shouldn’t (*give volunteer another block to hold*). By then, she doesn’t even realize that she is being weighed down with sin. What started off as something small has now taken over every part of her life and she has allowed sin to hold her down. Sin prevents her from doing the things that God wants her to do and becoming the person God wants her to be. (*Thank volunteer and allow her to put down the blocks before returning to her seat.*)

But that’s not what God wants for us. He wants us to experience His grace and His freedom. And when we ask Jesus to come into our life, we choose to live for Him and we choose to follow His Word. Then we are set free from the things, the sins, that hold us down. We are set free from sin, shame, and the lies of the enemy.

Maybe you are holding onto some things in your life that You need to give to God. Maybe it is a sin that you are struggling with or something going on in your life. You need to give it to God and say, “God, I trust You, and I know that You can help me overcome this area.”

The beautiful thing is that in the Bible, we read in John 3:16, “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.” God sent Jesus to die on the Cross for every one of us in this room so that our sins could be forgiven. God loves us so much that He sent His Son, Jesus, so that we could experience freedom from sin. And you can receive God’s gift today. It’s a gift we can’t earn. It is a gift that is freely given and all we must do is choose to accept that gift of salvation.

OPENING SESSION WRAP-UP

If you are separating into groups that will travel to different stations, do so now. Divide the group into five smaller groups. Tell the girls which station each group will begin with and how to proceed through the others.

If you want to receive that gift today, we are going to take the next few minutes and allow you to respond and repeat this prayer after me. (*Lead a prayer for salvation and allow the girls to repeat after you.*) “God, thank You for the gift of Jesus. I know that I have done things in my life that are not right and I have sinned. I choose to accept Jesus as my Lord and Savior and believe that He died on the Cross for my sins to be forgiven. I am choosing from this day forward to live for You. Thank You for loving and forgiving me. Amen.

(If time allows, you may want to lead in a slow, worshipful song. A great suggestion would be “Prison Doors” by Life Church Music.)

Station 1: The Cocoon

GETTING READY

ITEMS NEEDED

- ✔ Bible
- ✔ See items listed for each prayer point.
- ✔ *Prayer Experience Point Signs 1-7*

DECOR IDEAS

Create a small, cozy area to serve as the Cocoon Room. You could fill it with beanbag chairs, circle carpets, and lamps for softer lighting. Set up several prayer points around the room.

For this room, we would suggest having a speaker and playing worship music softly in the background to create an atmosphere of prayer.

The goal of the Cocoon Room is to allow time for the girls to focus and spend time with God. They will discover that there is power in prayer and in listening to the Holy Spirit speaking to them.

Invite the girls into the room and ask them to sit in a circle.

SAY: Welcome to our Cocoon Room. This room is a great place for us to connect to God and a time for us to talk to Him and allow Him to speak to us.

Did you know that God hears us when we talk to Him? We can talk to Him anytime, anywhere. Here is something even more amazing: God talks to us, too! Prayer isn't just talking to God; it's also listening to Him. We may not hear Him speak out loud, although there are several times in the Bible where that happened. There are other ways that God speaks to us.

- * **God's Word.** The Bible is literally God's written Word. Do you ever read the Bible and it feels like something just jumps out at you—like God is talking directly to you? That's one way that He speaks to us.
- * **Other people.** Has anyone ever said something to you, and you thought, "Wow! I really needed to hear that!" Or maybe your pastor or a leader in kids church said something that really touched your heart. God often speaks to us through other people.
- * **Gut feeling.** Have you ever had a decision to make, so you asked God what to do? Maybe you got a feeling inside as to what decision you should make. Or you just felt in your heart that you knew what to do. That is the voice of God speaking to you.
- * **An idea.** Many times, God gives us ideas. They can pop into our head or our heart, like a thought.
- * **A peaceful feeling.** When we are nervous or worried about something, we can ask God for help to trust in Him and not be so fearful. He often will give us a feeling of peace and calm us down.

There are so many ways that God speaks to us. But how do we know if it's really God we are hearing? (*Show your Bible.*) We look in God's Word! Anything that God speaks to our heart and mind will match what He says in the Bible.

You will see different prayer points set up around the room. As you feel God leading you, go to a prayer point. You can spend time there praying. When you're ready to go to the next one, just move to that one. The goal is not to rush through them all. The goal is to listen to what God is saying to you.

Station 1: The Cocoon continued

This is a time and space created just for you and God. Listen for God to speak to you. When we are wrapping up our time in this station, I'll call you to come back here. Then we'll close in prayer. Let's pray and get our hearts focused now.

Dear God, thank You that You speak to us. We are open to hearing what You are speaking to us today and we give You these next few moments. Amen.

As you feel led, you may go to your first prayer point.

GETTING READY

ITEMS NEEDED

- ✓ Bucket of water
- ✓ Stir stick
- ✓ Dissolvable paper
- ✓ Markers
- ✓ Prayer Experience Sign 1

PRAYER EXPERIENCE POINTS

1. SET FREE FROM SIN

INSTRUCTIONS

SAY: Are there any sins that you are struggling with and need God to help you overcome? Write those sins on a piece of paper and spend a few moments praying and asking God to help you in those areas. Then place the paper in the water and stir the water. As you are stirring, thank God that He will help you overcome those sins. Know that as you trust in God, He will help you have freedom from sin.

GETTING READY

ITEMS NEEDED

- ✓ Bubble solution
- ✓ Bubble wand
- ✓ Prayer Experience Sign 2

2. SET FREE FROM NEGATIVE THOUGHTS

INSTRUCTIONS

SAY: Are there any negative thoughts that you have been thinking about yourself? God has created each of us unique and for a special purpose. God has created you for such a time as this and has called you His own. He loves you so much. As you blow bubbles, take a few moments to pray about those negative thoughts you have been feeling and give them to God.

Station 1: The Cocoon continued



GETTING READY

ITEMS NEEDED

- ✓ Light-colored washable markers
- ✓ Wet wipes
- ✓ *Prayer Experience Sign 3*

PRAYER EXPERIENCE POINTS

3. SET FREE FROM THE PAST

INSTRUCTIONS

SAY: Is there someone in your life you need to forgive, and you haven't yet? Are you holding back forgiving that person because they hurt you? God wants us to forgive those who have hurt us and to let go of the hurt. Spend a few moments thinking of someone you may need to forgive and write their name on your hands. As you pray for that person, ask God to help you forgive them. Then use the wet wipe to wipe their name off your hands as a picture of turning the hurt over to God.

GETTING READY

ITEMS NEEDED

- ✓ Paper plates
- ✓ Cross
- ✓ Markers
- ✓ *Prayer Experience Sign 4*

4. SET FREE FROM EXPECTATIONS

INSTRUCTIONS

SAY: Are there any expectations that have been put on you that cause you to feel overwhelmed? Are there things that make you feel anxious or areas in your life you need God to help you find freedom in? Write those things on your plate and know that God wants us to be real with Him. We can tell Him anything we are feeling, and He loves us just the same. He doesn't love us any less. When you are done, place your plate in front of the cross and give those feelings over to God. Thank God that He is always right there with you. When life feels overwhelming, you can turn to Him at any time.

GETTING READY

ITEMS NEEDED

- ✓ Sand in a rectangle-shaped bucket
- ✓ *Prayer Experience Sign 5*

5. SET FREE FROM FEAR

INSTRUCTIONS

SAY: Are you holding on to something that is causing fear in your life? Is there something that makes you afraid to do the things that God speaks to your heart to do? Sum it up into one word and write that word in the sand. Take a few moments to pray and ask God to help you to have courage to overcome this fear in your life as you trust in Him. Wipe the word away and spend a few moments thanking God that you can find be set free from fear.

Station 1: The Cocoon continued



GETTING READY

ITEMS NEEDED

- ✓ Different colors of cutout butterflies
- ✓ Markers
- ✓ Tape
- ✓ *Prayer Experience Sign 6*

GETTING READY

ITEMS NEEDED

- ✓ Scratch-off butterflies
- ✓ *Prayer Experience Sign 7*

PRAYER EXPERIENCE POINTS

6. SET FREE FROM SICKNESS

INSTRUCTIONS

SAY: Is there someone in your life who is struggling with sickness and needs prayer? Write their name on a butterfly and hang it on the wall. Spend some time praying for that person and for their healing. You can pray and believe for others on the wall also. Pray that they will be set free from sickness.

7. PROJECT RESCUE

INSTRUCTIONS

SAY: There are kids all over the world who need prayer. As you scratch off a design on your butterfly, spend some time praying for Project Rescue. Here are a few points you can pray for:

- * **Pray for the kids** around the world who need help.
- * **Pray for protection** for the Project Rescue workers.
- * **Pray for people to find jobs** in safe places.
- * **Pray that those who need healing** would experience healing.

THE COCOON WRAP-UP

SAY: God speaks to us in all kinds of ways every day. It's so important for us to take time and make space for Him to speak in our life. What is something God spoke to you about today? (*Allow responses.*) Those are some powerful things! Remember God loves you and wants to spend time with you. When you are struggling with something, He wants you to tell Him about it and give it to Him. You can talk to God like you are talking to your very best friend. He will always be there for you! (*Close in prayer before girls move the next station.*)

Station 2: The Garden



GETTING READY

ITEMS NEEDED

- ✓ Iron (Only adults use the iron for this craft)
- ✓ Parchment paper
- ✓ Perler® Beads
- ✓ Butterfly pegboard
- ✓ Pegboard Perler® Bead patterns
- ✓ Magnets
- ✓ Hot glue gun
- ✓ Hot glue sticks

DECOR IDEAS

Hang paper or artificial flowers around the room. You can decorate the walls with flowers and hidden butterflies.

The goal of the Garden Room is for the girls to be creative!

SAY: Welcome to the Garden! I'm so glad each of you is here! So, gather around and I'm going to explain some directions for our time together.

We are talking about being *Set Free*. When I think about something being set free, I think of butterflies. Each butterfly goes through its own journey from being a caterpillar to a butterfly. Each butterfly is different and unique, and no two butterflies are exactly the same. That is like each one of us in this room. We are all unique and will have our own journey in life. But as we allow God to lead and direct us, that is when we find freedom to become all that He has created us to be.

There are things inside you that this world needs, and dreams that God has and will place in your heart that will help make a difference in the world. We are going to be making our own butterflies to help us remember that God has designed us, created us, and loves us. He also wants us not to be held down by sin or shame, but to have complete freedom in Him!

Each of you will get your own pegboard to put your beads on to create your own butterfly. You can follow the pattern, choose your own colors, or create your own. When you are done, come find one of the adults and they will iron your beads together and then you can hot glue a magnet on the back to make your own butterfly magnet.

THE GARDEN WRAP-UP

SAY: Let's see your butterflies! (*Allow girls to show off their creation.*) Oh, those are so pretty! I love that they are a reminder that God loves us, and we can find freedom in Him. He has made each of you unique, special, and loves you so much! Always remember that!



Station 3: The Pond

GETTING READY

ITEMS NEEDED

- ✓ Different color balloons (one per team)
- ✓ Butterfly nets (one per team)

DECOR IDEAS

Decorate the room with lily pads, rubber ducks, cattails, etc.

PREPARE

Inflate the balloons but be sure they can fit in the butterfly nets.

The goal of the Pond is for the girls to have fun doing a physical activity and to provide time for an object lesson.

SAY: Welcome to the Pond! I'm so glad you are with us. How many of you girls are ready to play a fun game and run around a bit? I know I am. We are going to divide into different color teams for this activity. One person at a time will run down and try to scoop up some of your team's color balloons from the pile into the butterfly net. Then, you'll run the balloons back and dump them on the floor where your team is standing. Hand the butterfly net to the next person in line. Keep going until all your balloons have been rescued from the pile.

Are you ready to play?

Play a few rounds. You can reset the game by having the girls bring all the balloons back into a pile in the center of the room. When you've played a few rounds, call the girls together to share a quick thought with them.

THE POND WRAP-UP

SAY: You did such a great job rescuing the balloons and setting them free! What did you have to do to get to the balloons? (*Allow responses.*) You had to get up and go. You couldn't stay in place to complete the task, but you physically had to go and get to the balloons. Missionaries are people that God calls to leave everything behind and go tell people about Jesus. Not only are missionaries called to go, but you are too. You are called to go into your school, your neighborhood, and tell others about Jesus. We do that so people all over the world can know and experience the love of God and the freedom that comes in knowing Him.

Everywhere you go, you have opportunities to share the good news of Jesus with others.

Today before we close, we are going to pause for a moment and ask God to speak to us about who we can show His love to this week and how we can tell those around us about Him. (*Pause for a moment and allow the girls time to pray.*) Is there anyone who wants to share with the group what God spoke to them? (*Thank the girls who share and encourage them.*)

Thank you for joining me at the Pond. Remember girls, God loves you and has a plan and purpose for you!

Station 4: The Sky



GETTING READY

ITEMS NEEDED

- ✔ Tissue paper
- ✔ Small gifts or treats
- ✔ Music

DECOR IDEAS

Hang paper clouds around the room or balloon clouds from the ceiling.

PREPARE

Prepare a tissue paper ball (or cocoon). Place the gifts in the center of the tissue paper (the cocoon). Then wrap several layers of tissue paper around the gift. Make sure you have enough layers of tissue paper so each girl can take a turn removing tissue paper until they reach the center.

The goal of the Sky is to educate the girls about this year's Coins for Kids project and inspire them to give to missions.

HOW TO PLAY

Have the girls sit in a circle. Start the music. The girls will pass the cocoon around the circle. When the music stops, whoever is holding the tissue paper ball (the cocoon) will unwrap a layer of tissue paper. Keep playing until they get to the center of the tissue paper ball, and everyone gets a gift.

SAY: That was such a fun game! I love that every person was able to get a special gift in our game. We all had to work together to reach the goal. This reminds me of how all of us can work together to reach our goal of raising money for our Coins for Kids missions project this year.

Our Coins for Kids project is with an organization called Project Rescue. The mission of Project Rescue is to rescue women and children who are in some not-so-good places. They need people to come in and rescue them. Project Rescue helps 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.

When you give to our Coins for Kids project, you are helping to give the resources needed to allow these women and children to be rescued and to create a better future for them. Thank you, girls, for helping make a difference in the lives of these women and children.



Station 4: The Sky continued

GETTING READY

ITEMS NEEDED

- ✓ Paper soup containers
- ✓ Washi tape
- ✓ Fine-point permanent markers
- ✓ Stickers
- ✓ Small note pads

PROJECT: PRAYER JARS

SAY: We are going to make prayer jars to help remind us to pray for missionaries and for Project Rescue. Each of you will get a container to make your prayer jar. On the tables, you will find washi tape, markers, stickers, and small note pads. You can decorate your containers with the washi tape and stickers. Use the small note pads to write down prayer requests for Project Rescue and missionaries. Then place the requests in the container. *(After girls have finished their prayer jar, continue with the Wrap-Up.)*

THE SKY WRAP-UP

Thank you, girls, for joining me, for praying, and for giving to our Coins for Kids Project this year—Project Rescue. Make sure to put your prayer jars in a place you will see them when you get home as a reminder to pray.

Caterpillar Café: Food Ideas

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

ATMOSPHERE

Play fun music that the girls would know. If you have circle tables, you can set them up to look like a Butterfly Tea Party with pastel table covers, butterflies, and flower decorations.

MAIN COURSE IDEAS

- ✔ Sandwiches cut out with a butterfly cookie cutter
- ✔ Hotdogs and croissant wings (*place the hotdog on wing-shaped croissants*)
- ✔ Create your own butterfly pizzas (*cut the pizza dough into the shape of a butterfly for girls to decorate*)

SWEETS AND TREATS

- ✔ Butterfly-shaped cookies
- ✔ Zip-top sandwich bag with colorful ring-shaped cereal and a pipe cleaner in the center to create a butterfly
- ✔ Grapes and orange slices (*place grapes down the center and cut orange slices to look like butterfly wings*)

SIDE IDEAS

- ✔ Butterfly-shaped fruit and veggie tray
- ✔ Cheese slices with butterfly crackers
- ✔ Butterfly pasta and cheese (*make mac and cheese with bowtie pasta noodles*)

DRINKS

- ✔ Water
- ✔ Punch
- ✔ Lemonade

Just a reminder: As the girls are enjoying their meal/snack, this is a great time for girls interact with each other and leaders.



SAY: Girls, thank you for being here for our *Set Free* Event. We are so thankful for each one of you and for having the opportunity to spend time together growing and learning about God. We learned that God not only loves us, but that He can help us when we are struggling and He is always there for us. We can find everything we need in Him. When we are struggling with something, if we turn to Him, He can help us be set free from those things. I'm thankful for who God is and how much He loves us.

Before we leave today, we want to take some time to worship together. Maybe you came here nervous because there are things that you are struggling with. Maybe there are things at home that are not going great, or there is a sin that you keep falling into. We have learned that as we worship, as we pray, as we turn to God, He hears us and can set us free from those things.

As we close our time together, there are leaders here who love you, care about you, and will stand with you in prayer. If you need prayer before you leave, find a leader, and talk to her. *(Encourage the leaders to pray for and with the girls).*

MUSIC

Play worship music softly in the background and call leaders forward to pray with the girls. A great song would be "Prison Doors" by Life Church Music.

CLOSING PRAYER

(Close in prayer.) God, thank You for loving us. Thank You that when we are struggling, we can know that You will always be there for us. God, we can turn to You anytime day or night. You can help us be set free from the things that try to hold us back from doing what You have called us to do. God, I pray that as we leave today, that You will give us the courage to stand strong in You and the courage to share Your love and grace with others. We love You and trust in You. Amen.

Event Wrap-up



EVENT WRAP-UP

Play some fun music as girls leave.

We are so excited that each one of you came for this event. Always remember that God loves You and has a plan and purpose for your life. If you are ever struggling, you can turn to Him. He will always be there and will help you overcome whatever you're struggling with and help you find freedom.

Remember also the important challenge we have together as a group and the commitment we are making to raise money for Coins for Kids and Project Rescue. Remember our prayer points:

- * **Pray for the kids** around the world who need help.
- * **Pray for protection** for the Project Rescue workers.
- * **Pray for people to find jobs** in safe places.
- * **Pray that those who need healing** would experience healing.

Also, remember to keep filling your Coins for Kids offering containers to help women and children find freedom. We love you girls and together we can change the world!

Extra Ideas: Crafts & Games



GETTING READY

ITEMS NEEDED

- ✓ Face paint
- ✓ Paint brushes
- ✓ Body glitter and gems

BUTTERFLY FACE PAINTING

INSTRUCTIONS

Let the girls have their faces painted to look like butterflies. You can add glitter and gems as desired.

GETTING READY

ITEMS NEEDED

- ✓ Plastic butterflies or butterfly stickers or paper butterflies

BUTTERFLY SCAVENGER HUNT

INSTRUCTIONS

Hide butterflies throughout the event area. Have the girls find and collect them.

GETTING READY

ITEMS NEEDED

- ✓ Sidewalk chalk
- ✓ Pavement

BUTTERFLY SIDEWALK CHALK

INSTRUCTIONS

If the weather allows, have the girls go outside onto the sidewalk or driveway and draw their own butterflies. You can trace the girls' bodies to be the center of the butterfly and then give them wings to decorate.

Extra Ideas: Crafts & Games



GETTING READY

ITEMS NEEDED

- ✔ Music player
- ✔ Butterflies with numbers on them
- ✔ Bucket with matching numbers for someone to call
- ✔ Prizes

MUSICAL BUTTERFLIES

INSTRUCTIONS

Scatter the paper butterflies with the numbers on them on the floor. Have the girls walk around the butterflies while the music is playing. When the music stops, everyone must stand on a butterfly. Draw a number from the bucket and the girl standing on that numbered butterfly wins. If you have lots of girls, pull out a few numbers at a time.

