

TeenGirle Retreat Brought to you by





© 2010 by Gospel Publishing House 1445 N. Boonville Ave., Springfield, Missouri 65802 All rights reserved.

Scripture quotations are from The Holy Bible, English Standard Version, copyright © 2001 by Crossway Bibles, a division of Good News Publishers. Used by permission. All rights reserved.



introduction • 2

one-day retreat

two-day retreat 5

three-day retreat

session one and worksheet handout 10

session two and worksheet handout 14

session three and worksheet handout

16

session four and worksheet handout 19

session five and worksheet handout 22

appendices activities, crafts, and additional handouts 25





### introduction

Have you ever felt like you have a great group of girls in your youth group, but that they have trouble connecting? Maybe they spend more time nagging each other and being catty than they do on developing relationships with each other. Or maybe you have a great group of girls who have deep relationships, but they're lacking substance in their relationships with the Lord. Whatever your situation, getting girls together and away from home for a weekend can help girls develop relationships and deepen their walk with the Lord.

### Goal

The Teen Girl Retreat could be exactly what you're looking for. The main goal for the retreat is twofold. The first goal is for girls to grow deeper in their relationship with God. The second goal is for girls to grow deeper in their relationships with one another. As with most retreats, many girls will experience emotional highs in their relationship with the Lord and with others, but this retreat is designed to help girls sustain their newfound growth.

### **Flexibility**

The Teen Girl Retreat can be exactly what you need it to be. It's designed to be flexible. You can pack everything into a day, or stretch the retreat out into a full three-day weekend. It's meant to be molded to fit your personality and the personality of your group. Most of the sessions are discussion-oriented, so girls can talk freely about where they're at and you can share from your own life experiences.

The Teen Girl Retreat includes a devotional time each morning, which is a great opportunity to launch your group into a new small group curriculum. Whether you're planning to start Friends, Girls Only, or another small group curriculum, this is an excellent opportunity to challenge girls to take ownership and responsibility for their own spiritual growth.

This retreat will incorporate thought-provoking discussion, quiet time for reflection, and plenty of time to kick back and have fun. Here are a few things to consider before you get started:

1. Where to go? You may not have to have a huge travel budget or be able take your girls to a four-star resort, but it definitely helps to get away. Consider having the retreat at your church, in your home, or at a retreat center. If your group is small, consider booking a large suite at a hotel.

If your group is large, check into reserving a retreat center or campground. Many retreat centers offer reduced rates in the off-season.

- 2. Who's taking the lead? As a girls retreat, it's good for it to be a girls-only event. The Teen Girl Retreat runs well with a team of women, but can be run with as few as two leaders. Make sure all of the leaders involved know that this retreat will require their involvement and willingness to be vulnerable. Nobody gets to sit back and observe on this one.
- **3. How much?** Your church may have the budget to cover the expenses for your retreat, but it is recommended that the retreat cost the girls something. We value what we pay for, so even a small registration fee to cover meals is recommended. On the other hand, many churches simply don't have a budget to cover events like this, but make sure that the registration fee doesn't restrict some girls from being able to attend.
- **4. Who's coming?** Make sure you announce the retreat with enough advance for girls to make arrangements to come. Ask your youth pastor for permission to announce the retreat in youth group. Often students don't pay much attention to announcements, so



invite girls personally and talk with parents. Make flyers for the girls with information about the retreat, where it will take place, what to bring, and how much it will cost (See promotional flyers at the back of the appenix section).

Since the Teen Girl Retreat is mostly discussionoriented, here are a few pointers for leading small group discussion:

- Don't be afraid of silence. Sometimes girls are formulating answers, processing emotions, or coming up with the boldness to speak up. Allow time for silence. It will probably feel pretty awkward, but sometimes allowing up to a few minutes of silence can be incredibly helpful. Ask the question again, rewording it with more explanation. Share from your own experience. As a last resort, call on an individual to speak up.
- Avoid lopsided discussions. Some girls will be much more willing to speak up than others, but make sure everyone gets a chance to share. You may find it necessary to gently cut some girls off and draw others out. Ask quiet girls to respond to something that's already been said rather than making her share about herself right away.
- Press the issue. Don't be afraid to ask girls to elaborate on their answers. Girls (especially younger girls) have a tendency to share about friends or things they've heard about rather than sharing from their personal experience. Ask "How did that affect you?" or "What did you think about that?" If a girl shares short or incomplete answers, don't be afraid to ask "Could you tell us a little more about that?"
- Find the balance. Girls love to talk, but sometimes the conversation might veer off into the land of completely unrelated topics. If this happens, gently guide the conversation back on track. Sometimes the offtopic subject is something girls really need to talk about. So be sensitive to that and allow the Holy Spirit to guide the discussion.
- Consider your audience. Know the attention span of the girls in your group. It may be helpful to divide girls into smaller groups by age. Younger girls may not be able to sit still and talk as long as older girls will want to. Plan to let the younger girls have some more free time to get up and move around.



9:00 a.m. Breakfast "Guidelines and Goals"

10:00 a.m. Worship Session One

11:00 a.m. "What Do I Think About ..."

12:00 p.m. Lunch/Game

12:30 p.m. Session Two

1:00 p.m. Craft

2:15 p.m. Sessions Three & Four

3:15 p.m. "Goal Setting"

3:45 p.m. Clean Up/Pack Up

4:45 p.m. Session Five

5:30 p.m. Head Home



### one day retreat

### one day

### When the Girls Arrive

Once everyone has arrived, welcome the girls, make introductions, pass out the "Guidelines & Goals" sheet, and pray for breakfast. Then eat! This will be a great time for the girls to get to know each other and break the ice.

### Worship & Session One

After you eat and get acquainted, have some quiet time together. Spend about 15 minutes in worship (either with a live piano/guitar or a CD) and then share "Session One: What is Holiness?," allowing time for the girls to answer the questions on the corresponding worksheet. Talk about their answers.

Pray with the girls afterward that the Lord would open their eyes to areas in their lives where they could grow and that they would sense a strong desire to be more like Christ in every aspect of their lives.

### Activity: What Do I Think About ...

Not all of the thoughts we think are impure — lots of times we think good things about other people but we just don't say them out loud. Pass out index cards to each girl so she has enough to write a thought about each of the other girls in the group. Read the instructions out loud to the girls.

### Lunch



Break for lunch and play a game as you eat.

### **Session Two**

Share "Session Two: Holy Hands" with the girls, allowing time to answer the questions on the corresponding worksheet. Talk about their answers.

### Craft

Spend the next hour and fifteen minutes working on a craft together. Play music in the background and allow the girls to chat. You might even provide snacks at this time.

### **Sessions Three & Four**

Share "Session Three: Holy Mouth" with the girls, allowing them time to answer the questions on the corresponding worksheet. Talk about their answers. When finished, segue into "Session Four: Holy Mind." <u>Do not talk about their answers for Session Four.</u>

### **Goal Setting**

Pass out the "Goal-Setting" handout.
After such honest self-evaluation, the girls are probably ready to start making some changes in their lives. This is a great opportunity to launch into a new devotional series or Bible reading schedule. Pray with the girls and allow them plenty of time to set goals for themselves. Encourage them to share their goals with an accountability partner.

### Clean Up

After you've completed the goal-setting activity, take a break and encourage the girls to help you clean up. Make sure the room is ready for the next group who will use it.

### **Session Five**

Share "Session Five: Restoring Holiness" with the girls. This might be a sensitive area for some of your girls, so don't push them to talk about their answers.



### two day retreat

### two day schedu

6:30 p.m. Arrival & Dinner

7:15 p.m. Introductions

Go over "Guidelines

and Goals"

7:30 p.m. Worship

7:45 p.m. Session One

8:15 p.m. Craft

9:30 p.m. Game

9:00 a.m. Breakfast |

Game

10:00 a.m. Sessions Two & Three

11:00 a.m. "What Do I Think About"

Lunch Noon

1:30 p.m. Sessions Four & Five

2:30 p.m. "Goal Setting"

3:00 p.m. Clean Up/Pack Up

3:30 p.m. Wrap Up

4:00 p.m. Head Home

### When the Girls Arrive

To help the girls break the ice with each other, serve dinner. Whether you have the girls help you prepare it or it's ready to serve when they arrive, this will give them something to do while they get to know each other.

Once everyone has arrived, welcome the girls, make introductions, and pass out the "Guidelines & Goals" hand-

out. Talk through the handout with the girls and let them know what the goals are for the retreat. 5.

### Worship & Session One

After you eat and get acquainted, have some quiet time together. Spend about 15 minutes in worship (either with a live piano/quitar or a CD) and then share "Session One: What is Holiness?," allowing time for the girls to answer the questions on the corresponding worksheet. Talk about their answers.

Pray with the girls afterward that the Lord would open their eyes to areas in their lives where they could grow and that they would sense a strong desire to be more like Christ in every aspect of their lives.

### Craft

Spend the next hour and fifteen BITWO minutes working on a craft together. Play music in the background and allow the girls to chat. You might even provide snacks at this time.

### Game

Play a game using the suggestions in appendix B or play a game of your own.

### **Breakfast**



Use breakfast preparation as a teach-BIONE ing moment by letting the girls help in the kitchen. As everyone is eating, play a game.



### **Sessions Two & Three**

Share "Session Two: Holy Hands" with the girls, allowing time to answer the questions on the corresponding worksheet. Talk about their answers. When finished, segue into "Session Three: Holy Mouth." Talk about their answers.

### Activity: What Do I Think About ...

Not all of the thoughts we think are A | THREE | impure — lots of times we think good things about other people but we just don't say them out loud. Pass out index cards to each girl so she has enough to write a thought about each of the other girls in the group. Read the instructions out loud to the girls.

### **Lunch Break**

### **Sessions Four & Five**

Share "Session Four: Holy Mind" with the girls, allowing them time to answer the guestions on the corresponding worksheet. <u>Do</u> not have them share their answers for Session Four. When finished, seque into "Session Five: Restoring Holiness."

### **Goal Setting**

Pass out the "Goal-Setting" handout. After such honest self-evaluation, the girls are probably ready to start making some changes in their lives. This is a great opportunity to launch into a new devotional series or Bible reading schedule. Pray with the girls and allow them plenty of time to set goals for themselves. Encourage them to share their goals with an accountability partner.

### Clean Up

After you've completed the goal-setting activity, take a break and encourage the girls to help you clean up. Make sure the room is ready for the next group who will use it.

### Wrap Things Up

Encourage girls to share how they've grown or what they've learned. This is a great time for the girls to meet with their accountability partner and pray. Before the girls leave, pray a commissioning prayer over the girls and make sure they take their handouts and devotionals with them.

### three day retreat three day/ schedu

6:00 p.m. Arrival & Dinner

8:00 p.m. Introductions

"Guidelines and Goals"

8:15 p.m. Worship

9:00 p.m. Life's Most Embarrassing

Moments

10:00 p.m. Game

9:00 a m. Breakfast

10:00 a.m. Session One

10:45 a.m. Craft

12:00 p.m. Lunch/Free Time

1:30 p.m. Session Two

2:15 p.m. Snacks

2:30 p.m. Session Three

3:15 p.m. Game

4:00 p.m. Free Time

5:00 p.m. Dinner



7:00 p.m. Session Four

7:45 p.m. "What Do I Think About"

8:30 p.m. Snacks & Game

9:00 a.m. Breakfast

10:00 a.m. Session Five

11:00 a.m. Worship & Time of Prayer

12:00 p.m. Lunch

1:00 p.m. Clean Up/Pack up

1:30 p.m. "Goal Setting"

2:00 p.m. Wrap Up

2:30 p.m. Head Home

### When the Girls Arrive

To help the girls break the ice with each other, serve dinner. Whether you have the girls help you prepare it or it's ready to serve when they arrive, this will give them something to do while they get to know each other.

Once everyone has arrived, welcome A I ONE the girls, make introductions, and pass out the "Guidelines & Goals" handout. Talk through the handout with the girls and let them know what the goals are for the retreat.

### Worship

After you eat and get acquainted, have some quiet time together. Spend about 15 minutes in worship (with a live piano/guitar or a CD).

### **Life's Most Embarrassing Moments**

After worship, let the girls change into their jammies and do an activity together. "Life's Most Embarrassing Moments" is a great way to get girls comfortable with one another. This activity is sure to get your girls laughing and open to sharing.

### Game

Play a game using the suggestions in appendix B or play a game of your own. You may consider making snacks available at this time.

### **Breakfast**

Use breakfast preparation as a teaching moment by letting the girls help in the kitchen.

### **Session One**

After you eat, open with prayer and begin to share "Session One: What is Holiness?," allowing time for the girls to answer the guestions on the corresponding worksheet. Talk about their answers.

Pray with the girls afterward that the Lord would open their eyes to areas in their lives where they could grow and that they would sense a strong desire to be more like Christ in every aspect of their lives.

### Craft

Spend the next hour and fifteen min-BITWO utes working on a craft together. Play music in the background and allow the girls to chat.

### **Lunch Break**

### **Session Two**

Share "Session Two: Holy Hands" with the girls, allowing time to answer the questions on the corresponding worksheet. Talk about their answers.



### **Session Three**

Share "Session Three: Holy Mouth." Talk about their answers.

### **Free Time**

Give the girls some free time together. Pop a movie in, go for a nature walk as a group, paint nails, take naps, prep for dinner, play games, etc. This is a time where girls can develop deeper friendships. Have a few leaders mingle with the groups of girls for some supervision.

### **Dinner Break**

### Worship

After dinner, have some quiet time together. Spend about 30 minutes in worship (with a live piano/guitar or a CD).

### **Session Four**

Share "Session Four: Holy Mind with the girls, allowing them time to answer the questions on the corresponding worksheet. <u>Do not have them share their answers for Session Four</u> as the worksheet asks them to answer honestly and privately.

### What Do I Think About...

Not all of the thoughts we think are impure — lots of times we think good things about other people but we just don't say them out loud. Pass out index cards to each girl so she has enough to write a thought about each of the other girls in the group. Read the instructions out loud to the girls.

### Game



Play a game using one of the suggestions or play a game of your own. You may consider making snacks available at this time.

### **Breakfast**

Once again, use breakfast preparation as a teaching moment by letting the girls help in the kitchen.

### **Session Five**

Share "Session Five: Restoring Holiness" with the girls, allowing them time to answer the questions on the corresponding worksheet. This might be a sensitive area for some of your girls, so don't push them to talk about their answers.

### **Worship & Prayer**

Have an extended time of worship and prayer. This last session might have been very difficult for some of the girls. After everything they have learned over the course of the retreat the girls may need to spend some quality time with the Lord and in prayer with leaders or accountability partners.

### **Lunch Break**

### Clean Up

After lunch, encourage the girls to help you clean up. Make sure the room is ready for the next group who will use it.

### **Goal Setting**

Pass out the "Goal-Setting" handout. After such honest self-evaluation, the girls are probably ready to start making some changes in their lives. This is a great opportunity to launch into a new devotional series or Bible reading schedule. Pray with the girls and allow them plenty of time to set goals for themselves. Encourage them to share their goals with an accountability partner.

### Wrap Things Up

Encourage girls to share how they've grown or what they've learned. This is a great time for the girls to meet with their accountability partner and pray. Before the girls leave, pray a commissioning prayer over the girls and make sure they take their handouts and devotionals with them.





## Sessions and worksheets





Pass out worksheet one

Have one girl read the passage of Scripture to the group.

Allow time between passages for girls to fill in the blanks and answer the questions on the worksheet. Without the "rules" of right and wrong specifically spelled out in the Bible it can be difficult to know how to respond to the different situations we find ourselves in, especially when we see other Christian friends behaving differently with a seemingly clean conscience.

How do you know what to do?

### What Is Holiness?

Holiness is being separated from evil.

Have a girl read Isaiah 59:2.

But your iniquities have made a separation between you and your God, and your sins have hidden his face from you so that he will not hear.

Holiness is upholding good morals.

Have a girl read 1 Thessalonians 4:3-8.

For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God; that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. For God has not called us for impurity, but in holiness. Therefore whoever disregards this, disregards not man but God, who gives his Holy Spirit to you.

Holiness is being set apart for God's highest purposes.

Have a girl read 2 Timothy 2:20, 21.

Now in a great house there are not only vessels of gold and silver but also of wood and clay, some for honorable use, some for dishonorable. Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.

acrea

### Holiness is wanting to be more like God.

### Have a girl read 2 Timothy 2:22.

So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.

### No one will see or be near God without being holy.

### Have a girl read Hebrews 12:14.

Strive for peace with everyone, and for the holiness without which no one will see the Lord.

### Have a girl read Psalm 15:1, 2.

O Lord, who shall sojourn in your tent? Who shall dwell on your holy hill? He who walks blamelessly and does what is right and speaks truth in his heart.

As Christians who have committed to following Jesus, holiness is something we should be seeking every day. It's not a matter of making and following "rules" — it's a matter of lining up every thought, action, and word with those of God. It's a matter of drawing a line in the sand and standing strong on your convictions.

Leader Notes		
	67 700	





Instructions: After a volunteer reads the passage out loud, spend a few minutes studying what was just read and answer the questions below. After you have finished, stop and wait to read the next section out loud as a group before moving on to the questions.

1. Holiness is being from  Read Isaiah 59:2.
What causes our separation from God?
What attitudes, thoughts, or behaviors in your life that are separating you from the closeness you could be experiencing with God?
2. Holiness is good  Read 1 Thessalonians 4:3-8.
What is God's will for us?
What are some of your moral values?

3. Holiness is being for God's
Read 2 Timothy 2:20, 21.
According to this passage, what happens if we get rid of things that are dishonorable or impure?
What are some things you believe God has set you apart to accomplish?
4. Holiness is to be more  Read 2 Timothy 2:22.
Why does this verse tell us to leave certain things behind?
In your own life, what could you pursue in order to be more like Jesus?
5 will or be God without being  Read Hebrews 12:14.
Is this verse fair? Why or why not?
Read Psalm 15:1, 2.
What prevents us from being holy and close to Jesus?
A CONTRACT OF THE PROPERTY OF



Holiness should flow out of every action we put our hands to. Leviticus 20:7 shows God's command that we be holy as He is holy. God wants us to be more like Him in every thought, every word, and every action.

We can get a pretty good idea of what constitutes as sin by learning about the nature of God. The Bible if full of stories that show us God's character and how He responds in different situations. It's also full of commands calling us to avoid certain actions that do not honor God. This is why it's so important to study the Bible — not to memorize a list of do's and don'ts, but to let God's Word transform our minds so that in turn, our actions are transformed.

### **Holiness in Actions**

Have a girl read 1 Corinthians 10:23.

"All things are lawful," but not all things are helpful. "All things are lawful," but not all things build up.

### Discuss:

What does this verse mean? What are some examples of actions that are lawful or permissible but not helpful or beneficial? Ex. Drinking (over age 21), renting rated R movies, heavy kissing with your boyfriend, serial dating, listening to racy music, etc.

How does this verse help you as you think about the different situations you find yourself in?

### Have a girl read 1 John 3:10.

By this it is evident who are the children of God, and who are the children of the devil: whoever does not practice righteousness is not of God, nor is the one who does not love his brother.

### **Discuss:**

According to this verse, what is the evidence that shows that we are children of God? Who are not the children of God?

Why are our actions important?

What is righteousness and how can we practice it? (Have a girl look up righteousness in a dictionary.)

### Have a girl read Matthew 5:16.

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven

### Discuss:

What does this verse mean? How can we do this?

**Leaders:** Depending on the age and maturity of your girls, you can end the session now. Conclude with prayer for the girls, asking that God would make clear to them what is right and wrong and that they would be strong against temptation.

If you would like to continue, this next part of the Holy Hands session takes a look at sexual holiness.

### **Sexual Holiness**

One specific area we can practice righteousness in is our sexual holiness. These struggles are usually introduced during the teen years since adolescence prompts physical attraction to the opposite sex, more freedom, and less parental supervision. Media messages and peer pressure can muddy the waters between what is right and what is wrong.

God created man and woman. And God created sex. In the right context, sex glorifies God because it symbolizes the bringing together of two of His precious children for the purpose of pleasing each other and strengthening their relationship. In the wrong context sex displeases God. It more than displeases Him; without repentance it separates you from Him eternally.

### Have a girl read Galatians 5:19-21.

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

The first three works of the flesh listed here relate to sexual holiness. Sexual immorality, impurity, and sensuality — this is intercourse, pornography, and any other type of sexual contact between two people outside of marriage. There is no justifying laying in bed together, being naked, touching, origes, or sexual favors. These are sins against God and dishonor the intentions He has for your life.

### Have a girl read 1 Thessalonians 4:3-5.

For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God.

acre

Have a girl read the definition of <u>sanctification</u> in a dictionary.

### **Discuss:**

According to the verse in 1 Thessalonians, what is God's will for us? What are the things we can do to fulfill His will in our lives?



How can we develop self-control? What kinds of boundaries can you set for the physical aspect of a dating relationship?

Take a moment to write these down.

Hebrews 4:16 says, "Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need."

When we struggle with temptation or sin, God allows us to approach Him without fear — with confidence — where we'll find mercy and grace when we need His help<sub>15</sub>



As you work your way through this session, let the girls take turns eading the passages of Scripture to the group.

### Have a girl read Ephesians 5:4.

Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.

**Discuss**: What do you think about this verse? How does it challenge you?

This verse is pretty direct about what kind of words we should avoid. We all know to avoid 4-letter words and taking the name of the Lord in vain, but this verse gives us some clear direction on what other words we should remove from our vocabulary.

It outlines three kinds of language that is out of place:

- 1. Filthiness swearing and other crass or questionable words could fall in this category
- 2. Foolish talk This is talk that doesn't accomplish anything, ie: gossip, starting an argument, and arguing an opinion to death because you know you're "right."
- 3. Crude joking racist, sexual, or other unwholeseome joking

Here's a test: if you would be embarrassed if a 2-year-old overheard you use a word and wandered around repeating it the rest of the day you should probably find a better word to express yourself. If you wouldn't tell the joke to your grandma you should probably keep your mouth shut or talk about the weather.

Your lips were created by God to utter praise and to speak of good things. We are so quick to speak harmful words but so often we fail to speak words of thanksgiving and praise. Be careful not to let garbage come off your lips.

### Have a girl read 2 Timothy 2:16.

But avoid irreverent babble, for it will lead people into more and more ungodliness.

Discuss: What is "irreverent babble"? How can it lead to ungodliness?

Ever notice that when you hang out with a friend a lot you tend to pick up their phrases or tendencies? Have you ever hung around a friend who had a "potty mouth" and you found those words slipping out of your mouth?

The more often you say those words the more comfortable they become to say.

- - - -

**Discuss**: What are some things you can say to a friend to let her/him know their language is offensive to you? How can you challenge yourself to watch what you say?

### Have a girl read 1 Timothy 2:23-26

Have nothing to do with foolish, ignorant controversies; you know that they breed quarrels. And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, correcting his opponents with gentleness. God may perhaps grant them repentance leading to a knowledge of the truth, and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will.

**Discuss:** What is an example of a "foolish, ignorant controversy"? Why shouldn't we as Christians be quarrelsome?

What might happen if we show people kindness instead of arguing with them?

Sometimes it's best to keep our mouths shut. You might overhear a conversation you could easily jump into to make your point heard, but it's not worth it if it will just cause arguments and no resolution.

As Christians we must not incite arguments. If we do choose to say something, we need to be kind and willing to gently and patiently correct and teach someone. Through the holiness of your words, that person might even come to an understanding of the truth and find God through it all.

When it comes to holiness in our speech we lead by example. We cannot expect an unsaved friend to walk up to us and ask us about our relationship with Jesus when there really is no visual evidence that you are even different from the world based on the things you say. When God is active in our lives we will bear fruit much like a healthy apple tree would. That fruit, or evidence that spills out to show that we love God, is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control ... all of which can be demonstrated in the words we speak and the tone we use.

Divide the girls into groups of 2 or 3. Pass out worksheet three. Let them work on the questions together and report back to the rest of the group.

### **Leader Notes**





In groups of two or three, discuss the following questions. Be prepared to discuss your answers with the entire group.

1. When you were growing up did your parents have rules about certain words that were off limits? Has that changed over the years? How do you determine which words are bad?
2. Brainstorm about a movie you've recenty seen that had strong language in it. What was your reaction to the language? Did you know the movie had strong language when you decided to watch it?
3. Is your response to strong language different when it comes from a girl instead of a guy? Why or why not?
3. Not only does having a holy mouth mean we need to watch what words we use, but it
also means controlling our tongue from gossip. Do you agree with this statement?

Before
starting, have the
girls fill out worksheet four. Stress that
the answers are personal
and will not be shared
with anyone. Have them
be completely hon-



est.

Have a girl read Philippians 4:8 out loud. Philippians 4:8 is a standard for what we should think about. Take a look at the list you just made — as you read down each blank you filled in, are any of them true? Are any of them pure, lovely, or admirable? Is it praiseworthy? Would Jesus spend time thinking about it?

Go through your list and write next to them which ones are true (marking them with a T), honest (marking them with an H), just (J), pure (P), lovely (L), and good report (GR).

Do any of the answers on your list even fall into one of these categories?

### Discuss their answers.

Not only is it important to guard your mind from unholy thoughts that pop in, but it's also important to monitor what you let stay in your mind. Are you letting yourself daydream about making out with your boyfriend? Are you letting yourself repeat thoughts of how chunky you looked in that cute shirt you tried on the other day? Are you stewing for hours after an argument with your parents?

### Have a girl read Romans 12:1, 2.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

This is a powerful verse. It's direct, inspiring, and full of commands for the way we should live.

Let's see how different the verses are when we make everything the opposite.

Present your bodies as a dying sacrifice, profane and displeasing to God, which is your spiritual act of dishonor. Be conformed to the world, transformed by the corruption of your mind, that by testing you won't be able to discern what is the will of God, or what is good and acceptable and perfect.

This makes the verse scary.

Look what can happen when we let our minds be corrupted — our corrupted minds can transform our actions so that we conform to the world. When we're conformed to the world we can no longer hear or sense what the will of God is or even what is good, acceptable, and perfect.





What does it mean to conform to the world? In what ways do you see your friends conforming to the world? In what ways are you conforming?

Can you remember a time when your thoughts were so persistent towards one thing that it ended up dictating your behavior? Ex: You thought so much about making out with your boyfriend that you got carried away the next tme you saw him. You worried so much over looking perfect in your swimsuit for an upcoming youth group pool party that you did a crash diet or skipped meals. You harbored so much resentment towards a friend that you treated her badly the next time you saw her.

What are some things you can do to prevent your mind from being corrupted?

### Have a girl read Ephesians 2:22-24.

Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. NLT

This verse is great! "Throw off your old sinful nature." How freeing! Don't you get such an amazing picture in your mind when you read that? The Lord knows we all have sinful natures so we're not hiding anything from Him. We get to just throw our old self away and put on a new self. A new self that is created to be like God.



Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright © 1996. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved.



Make a list of the top 10 things you spend time thinking about. They can be anything from chocolate cupcakes to boys, from getting your first kiss to problems at school.

1	
١.	

- 2
- 2
- 4.
- 5. \_\_\_\_\_

- 6. \_\_\_\_\_
- 7.
- 8
- 9. \_\_\_\_
- 10. \_\_\_\_\_



# bestoring Holiness

### restore: to bring back to existence; to put back to a former position or rank

The battle for holiness is a constant one. Temptation stares us in the face every day, demanding our attention and we're bombarded by hundreds of advertisements, commercials, and images that do not honor God. It's easy to see where Satan can sneak in and slowly start taking charge in areas of our life that aren't closely guarded.

Whether the struggle you've had to be holy and more like Christ has been with sexual sin, drinking and partying, swearing or crude language, destructive behaviors like eating disorders or cutting, harmful or dishonoring thoughts, or just disobedience or apathy for God's commands and callings for your life — there is hope!

God's desire is to bring holiness back into existence in your life and to put you back at your former status ... as God's holy daughter.

### Have a girl read Titus 2:11-14.

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live selfcontrolled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

Discuss: Let's break this passage down. What gift has God given us?

What does it mean to "renounce ungodliness and worldly passions"? What does that look like in your life?

How are we trained? What will we be able to do when we are trained?

What does living a godly life mean?

What happened when Jesus gave himself for us? How does He want us to live now?

God not only delivered us from sin by making us holy when we're initially saved He desires to make us holy every time we ask. He works with us, giving us the strength and the wisdom to reject what is not of God and helps us to continue Jacrea growing in the things that make us more like Him. The amazing thing about God is that He is so willing to forgive us and help

us move on. He doesn't require a two-week waiting period before we're forgiven or require us to

complete a certain number of steps ... He just forgives and forgets!

session five

Let's see what the Bible has to say about God's forvigeness.

Have a girl read Hebrews 8:12.

For I will forgive their wickedness and will remember their sins no more. NIV Have a girl read Psalm 103:11, 12.

For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us.

Have a girl read Micah 7:18, 19.

Who is a God like you, pardoning iniquity and passing over transgression for the remnant of his inheritance? He does not retain his anger forever, because he delights in steadfast love. He will again have compassion on us; he will tread our iniquities underfoot. You will cast all our sins into the depths of the sea.

**Discuss**: What do these verses say about God's character?

Is there a limit on the number of times God will forgive our sins?

There are two important words that you need to know the difference between: conviction and condemnation. One is from the Lord and the other is from Satan.

**Conviction:** Because of your relationship with your Father God, He will tug on your heart, stir you, and make you aware of your wrong attitudes, thoughts, and behaviors. It's just His way of getting your attention and calling you back to Him.

**Condemnation:** This is Satan's way of binding you to your sin. It's not productive. It causes you to dwell in your guilt rather than rejoice in God's forgiveness and move on. Romans 8:1 says, "There is therefore now no condemnation for those who are in Christ Jesus." Once we've confessed our sin to Jesus we are freed ... instantly and miraculously. If you struggle with lingering guilt and shame it is not from God. Cast it aside and celebrate your freedom in Christ!

Pass out worksheet five at this time.

**Discuss**: Have any of you had a time where you still felt guilty and ashamed even after you confessed your mistake to the Lord and were forgiven? What did you do?

When God forgives us, stomps on our sin, and throws it into the deepest part of the

ocean like in Micah 7:19, our response should be to repent — turn our back on the way we

Prepare a
"playlist" of a
few songs you can
play while the girls
work on their
letters.

Our emotional and physical relationship with guys should be holy and right in God's eyes. Our language should demonstrate that the Lord is present in our lives. Our decisions should indicate that our bodies are a temple where the Holy Spirit lives, and our thoughts should line up with God's.

were and strive to be more like God in every aspect of our lives.

Consider
songs like "Make
Me Over" by Natalie
Grant, "Heal the Wound"
by Point of Grace, "How He
Loves Us" by Kim Walker,
and "Finally Free" by
Nichole Nordeman.

In everything we do we should "... flee youthful passions and pursue Ighteousness, faith, love, and peace, along with those who call on the Lord from a pure heart" (2 Timothy 2:22).



Scripture quotations marked (NIV) are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSIONS, NIV®. Copyright ©1973, 1978, 1984 by International Bible Society®. Used by permission of Zondervan. All rights reserved.



God is good ... all the time! He loves you even while you're away from Him. He loves you enough to forgive you over and over again and He still has big plans for you even when you mess up.

Take a few minutes to be quiet with the Lord. Write a letter to the Lord confessing to Him the areas in your life where you are not living in holiness and ask Him to forgive you and restore you.

Dear Jesus,			
	10	3	
		DORN	
	100	( Constant	100
	A CONTRACTOR		
	1	Miarle	nt-
	8 -/		T-1



# activity instructions & handouts





### Guidelines & Goals

**Be Honest.** It is extremely important that you are honest in everything you say and do. If a comment is shared in honesty, it must be received and not shot down because it makes you feel uncomfortable.

**Participate.** You must verbally and physically participate in dialogue and activity times even if you are uncomfortable participating. Your willingness to do and say things that you would not normally do or say will open up others to trusting you. There are no right or wrong answers.

**Get Outside the Box.** You must be willing to get outside the box for the rest of the retreat and stretch the limits of your comfort zone. Lead by example.

**Be Respectful.** Remember that we all respond and listen in different ways based on our upbringing. Do not be disrespectful in any way throughout our time together. If we are to communicate, we must be willing to hear and listen to what others are saying and value their statements as a gift.

**No Cell Phones.** It's important to focus this weekend. Leave the texting and talking behind. It will still be there for you at the end of the weekend.

**Respond Appropriately.** If statements are shared with emotion, an appropriate response to emotion is to put a hand on that person's back.

**Keep the Trust.** Whatever is shared here remains here. Nothing is to leave here. Information is not power and should not be treated as such. In our work to unite, a natural part of this weekend will be a connection made with others who are here, which is based on trust. Trust is built through information and should not be broken when one person views information as power and begins to gossip.

This retreat can be exactly what you want it to be. The main goal for this retreat is twofold. The first goal is to grow deeper in your relationship with God. The second goal is to grow deeper in your relationships with others. No matter how awesome your relationship is with the Lord, there's always more. No matter how many incredible and deep friendships you have, there are always new friends to make and new depths for your relationships.

We're going to take an honest look at where we're at, challenge ourselves to go deeper, and begin to set some goals for ourselves to maintain growth.

During this retreat, you're probably going to experience some emotional mountaintop moments with God and even in your relationships with others.

These moments are great, but we want to give you tools to

help you sustain your growth beyond the emotional highs.

It's our prayer that we all take a step deeper in our relationship with the Lord and in our relationships with each other.



### Embarrassing Moments

The purpose of this activity is to break the ice and get girls comfortable sharing with one another.

Have each girl write down her most embarrassing moment. (It's fun for leaders to participate too!) Have her write her name on the top of the page, but explain that the only way anyone will find out who the story belongs to is if they guess correctly. Divide the girls into teams (groups A & B). Keep the stories separated by team as well. Elect one leader to read the stories out loud. Read a story from group A while group B guesses who the story belongs to (it helps if the team elects a spokesperson). The team only gets one guess per story. If the team guesses incorrectly, the owner of the story can choose to reveal her identity.

If you have a small group, don't divide into teams. Have the girls write down their guesses for each story. After all the stories are read, have the girls reveal their stories. Give a prize to the girl who has the most correct answers.

If you want, keep score and provide the winning team with a prize. This will definitely be an activity to keep everyone laughing!



Not all of the thoughts we think are impure — lots of times we think good things about other people but we just don't say them out loud.

Pass out enough index cards to each girl so that they can write a thought about each girl in the room.

On the index cards, instruct the girls to write one kind thought or impression they have of each of the other girls. This cannot be a physical or material trait (ie: Heather has amazing hair; Suzy always has the cutest clothes) so encourage the girls to think of deeper responses, all answering the question of "What do you think about \_\_\_\_\_\_?"

Jacret

Turn on some music and let this be a soothing time. When everyone has finished, start with the first girl and have her be in the "spotlight." Allow all of the other girls to read their comment about her out loud to the rest of the group. Take turns until each girl has been praised.

If you have a very large group, allow one or two comments shared per girl.



A | FOUR

# Boundaries :

Take a few minutes to write down some boundaries for your physical relationships. Whether you're dating someone or not, it's good to establish boundaries before you find yourself in a compromising situation.

2	7			
3	8			
4				
5	10			
Here are some things I can say if I'm feeling uncomfortable "in the moment."				
	m feeling uncomfortable "in the moment."			



A | FIVE

# Goal Fetting

Now that you've taken a close, honest look at where you're at, it's time to decide where you want to go from here. Take time to answer these questions. Pray about your answers and be as honest as possible. Feel free to use the back if you need more room.

What are some specific things you'd like to change about your relationship with God?

What are some specific things you'd like to change about your relationship with your family?

What are some specific things you'd like to change about your relationship with your friends?

What are some words you'd like people to use when they describe you? What changes can you make to have those words be true of you?



# anaenaax games & crafts





### Fuggested Games

### **Lights Out**

Have all of the girls take a seat in the same room. Pass out a pen and a sheet of paper to each girl. When everyone is situated, turn out the lights and quietly ask one of the guests to leave the room. When you turn the lights back on, the rest of the players have to remember different aspects of that person by answering questions. Create your own questions ahead of time and allow them to write their answers on the sheet of paper.

Here are a few examples	of questions for each round:	
What kind of shoes was	wearing? How was	_ wearing her hair?
What jewelry was	wearing? Waswearing an	y lip gloss?

### **Doubletime Discourse**

What You Need

Index Cards

### What To Do

- 1. Write one word per index card ex: bra, freckle, dust, toast, zit, rain, etc.
- 2. Stack the cards and put them in the center of the table.
- 3. Divide the players into two teams, counting off every other person.
- 4. Set the timer or stopwatch for 30 seconds (or less for more of a challenge!).
- 5. The first player from team one draws a card from the center of the table and begins to fire off as many clues about what the word is she can before time runs out. For example, if the word is "rain" she might say, "Water falling from the sky."

If team one is successful in guessing the right answer before time is up, they get a point. If not, team two gets a point and it's their turn.



### Fuggested Games

### Two Truths and a Lie

Have all of the girls sit in a circle. Instruct each girl to come up with three statements about herself — two that are true and one that is a lie. Let the first girl present her statements while the rest of the group works together to decide which statement is a lie. Take turns until each girl has gone.

### Copycat

### **How to Play**

Have the girls stand in a circle, facing each other and ask one person to leave the room. This person will be the guesser. While she's gone, have the rest of the girls choose a leader. The leader will be the one who sets the movements for that round. After a leader is picked, bring the guesser back in and position her in the middle of the circle.

The girls will then start swinging their arms at their sides, up and down for a few seconds. When the leader is ready she will start doing other movements which the rest of the girls will mimic. The girls should avoid making eye contact with any one person for too long so as to not draw attention to the leader.

The leader could add any movement, such as clapping, making a kicking motion with her leg, jumping up and down, whistling, patting her own head, doing the funky chicken dance, etc.

The guesser has three chances to correctly guess who the leader is. If she misses all three guesses a new round begins. If she guesses correctly the leader becomes the new guesser.



# Graft

### Flower Headbands



These adorable headbands are easy to make and will be a fun, practical project the girls will be able to wear again. Provide various colors of fabric and buttons to allow girls to express themselves with their new accessory.

### What You Need:

### Paper Pencil Scissors

Various colors/patterns of

felt and cotton fabric

Fabric glue

Buttons

Elastic headbands Thread and needle

Hot glue and gun

### What to Do:

- 1. Draw a flower onto a sheet of paper (as big or as little as you want ... consider about 2" across). Cut it out Trace that flower two more times but cut each one out so they gradually get smaller, allowing each of the three flowers to fit nicely inside each other. These are your templates for cutting out the felt and fabric.
- 2. Choose two colors of felt and trace around the larger two flowers. Cut out.
- 3. Choose a complimenting fabric and trace around the smallest flower. Cut out.

acrea

- 4. Using fabric glue, adhere the three flower pieces together.
- 5. Sew a button into the middle of the flowers.
- 6. Cut a rectangle out of the felt large enough to fill a majority of the width of the flower. Then cut a smaller rectangle out of the same fabric you used on the front. Using fabric glue, adhere the two pieces together.
- 7. Flip the flower upside-down and lay the elastic headband along the center.
- 8. Fill the backside of the rectangular piece with hot glue and press it on top of the elastic band, sealing the band to the flower.



Check out these additional free downloadable resources for further study.

Available at tgm.ag.org



Movies, Music & TV\* Sex Before Marriage\* Alternative Lifestyles\* Guy Girl Relationships ...and many more.

\*Also available in Spanish.



Each week this monthly calendar focuses on a different theme and provides a daily activity and Scripture passage.



R.S.V.P.



Teen Girl Ministries tgm.ag.org













(Ge	Gourie invited
what:	
when:	
where:	
R.S.V.P.	Bacred

	Gowie invited	
what:		
when:		
where:		
R.S.V.P.		
		Sacred



