

# RELATIONSHIPS

1 PRAY ABOUT IT  
\*see front cover

GOD'S DESIGN FOR IT 2



\*Before you talk, ground your conversation in the truth on this topic.



3 TALK ABOUT IT

\*Adults ask girls first then girls ask the same question

- Who do you think knows the real you? Why?
- Do you ever feel lonely? When?
- Do you ever feel ignored by adults or peers? When?
- Are there any people that you see are treated badly or unfairly?
- Are there any certain people that you have trouble treating kindly? Why?
- Do your friends treat you well? Do you treat them well?
- Do your friends help you to be more like Jesus? How?
- Do your friends bring out the best parts of you?
- What are physical things that people do that communicate respect for another person?
- Do you always see me showing love and respect for others?
- How could we grow in showing kindness and respect to each other?



PRACTICE IT 4

Practice actively communicating kindness: Look people in the eyes, really listen to them, and ask them about themselves. Try to talk to someone you normally wouldn't.



# IMAGE & IDENTITY

1 PRAY ABOUT IT \*see front cover

2 GOD'S DESIGN FOR IT



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TALK ABOUT IT 3

\*Adults ask girls first then girls ask the same question

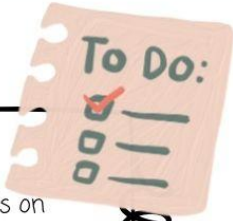


- What comes to mind when you think about what it means to be beautiful?
- What or whose standard of beauty has most shaped this?
- Which of these lies do you struggle with most often? Why?
  - worth=what you look like
  - worth=what others think about you
  - worth=what you do/don't do
- Is there any part of your body or appearance that you struggle with accepting?
- What things do you hear me saying about my body, weight, appearance? How does it make you feel?
- Do you feel afraid of failing or that too much pressure is put on you in any certain area?
- Whose opinions matter a lot to you? Who do you feel most afraid of disappointing or rejecting you?
- What is God's opinion of you?
- The truth is worth= who God says you are in Christ. How can I help you remember this?



4 PRACTICE IT

Look for positive character traits on display in each other and the girls/women you are around this week. Take the time to point them out to the person when you see them. Make it a challenge to point out 10.



# PASSAGE CONVERSATION GUIDE

**MAKE A PLAN**  
 Women like talking knee to knee, facing each other, while men tend to prefer to do their talking shoulder to shoulder. Plan 5 times to meet to talk to your daughter, ideally while you have each other's undivided attention. This could be a dinner or coffee out together or a picnic at the park.  
**Think about something that would make your girl feel special, plan a specific time with this specific purpose, and protect it from conflicts or interruptions.**



START WITH PRAYER

Leading your daughter, **authentically ask God** for:

- wisdom
- humility
- a soft heart to help you truly know your daughter
- open ears to hear both her spoken and unspoken communication
- conviction in areas of your life that do not line up with what you are trying to impart to her
- healing in any areas of hurt or misshaping that she has acquired from you or outside influences.

PLAN TO LISTEN

Remember that these are conversations not lectures. One of the main goals of this milestone is to make sure that you keep open **TWO WAY communication between you and your daughter** into the teen years. While you definitely have a message to get across in your time together, make it a priority to give her plenty of space to talk. Practice active listening. Don't be too quick to jump to an answer, but instead pause to hear and validate her words. Ask God in the pause to help you understand her deeper questions, fears, and insecurities before you impart any wisdom.





# WOMANHOOD

**1** PRAY ABOUT IT  
\*see front cover

**2** GOD'S DESIGN FOR IT



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**3** TALK ABOUT IT

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- What things come to mind when you think about what it means to be a woman?
- What or whose input has most shaped this in your mind?
- What are some things that are good about being a woman?
- What are some things you think are hard about being a woman today?
- Do you ever feel out of place with other girls?
- What do you think is God's favorite thing about you? Why?
- How are girls your age saying about other girls? What do you think about this?
- Who is a woman that you really admire or look up to? What do you see on display in her life that makes you admire her?
- What is something about you that reflects God's character? How might God want to use you to help others?



**4** PRACTICE IT

Find a way you can serve or care for your family and friends this week.

# HABITS

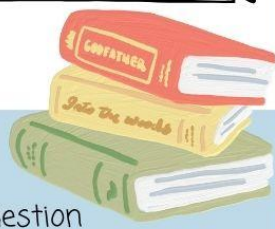


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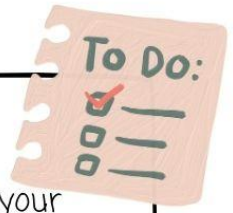
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**3** TALK ABOUT IT

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- What are the top three things you spend your time doing?
- What do you spend the most time thinking about?
- What do you most want to spend money on? (What does this say about what you value?)
- Who/What do you spend the most time listening to each day? (Do they help you love God more?)
- What part of the world do you get most easily sucked in by?
- What is the thing that makes you feel closest to God while you're doing it? (How could you incorporate that more into your daily routine?)
- What is the thing that makes you feel furthest from God while you're doing it? (Should this be cut out of your life? How can you take action to do that?)



**4** PRACTICE IT

Replace one habit in your daily routine with one that helps you love God more.



# FEELINGS

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**3** TALK ABOUT IT

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- What is a time that you can remember feeling truly happy? What were you doing and who were you with?
- What is a time that you remember feeling really scared or nervous? When did it go away?
- Which negative emotion do you most often get caught up in? How does it affect your behavior or decision making?
- Think about the times when you treat others in an unloving way. What emotions are driving you?
- Is there a certain comfort that you notice that you go to when you are feeling sad, nervous, angry, etc? What would it look like to go to God instead in those moments?
- What are some of the biggest influences around you (people, things you watch, listen to, etc)? Is each an example for how to obey God or obey your feelings?



**4** PRACTICE IT

Keep a feelings journal. Notice your emotions, what is prompting them, and how you react in them. Ask God to help you go to Him first when you feel a negative emotion.